



# The Perfect Day Formula: How to Own the Day And Control Your Life

By Craig Ballantyne

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## The Perfect Day Formula: How to Own the Day And Control Your Life By Craig Ballantyne

Most people are stuck. Every day we seem to just go through the motions, following our usual routine without ever stopping and thinking why we do what we do, or what we'd rather be doing instead. But sometimes we have that one day - that Perfect Day - where everything just clicks. We feel great. We are unstoppable. And at the end of it we think, Why can't every day be like this? Get the Focus You Need to Take Your Career to the Next Level and Achieve the Financial Freedom You've Always Dreamed About... Most entrepreneurs start a business so they can have full control over their life. However... they end up saying YES to every opportunity and becoming bottlenecked with too many responsibilities. This was my biggest problem before I met Craig and it limited my ability to have MAJOR breakthroughs. One of the most valuable lessons that I learned from The Perfect Day Formula was to keep a strict schedule. It seems counter-intuitive, but structure creates more freedom in your life. Keeping a schedule and prioritizing the most important action steps have made a huge impact in my business. In the last year I was able to have 4 massive product launches (each one bigger than the last) and net over \$2 million! This has given me the financial - and time - freedom that I had always dreamed about. And thanks to Craig's system I have an even bigger plan in place to take my business to the next level. If you want the focus and strategy you need to dominate in your career, then Craig's Perfect Day Formula for you! - Tyler Bramlett, best-selling fitness expert

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## **The Perfect Day Formula: How to Own the Day And Control Your Life By Craig Ballantyne Bibliography**

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### **Editorial Review**

#### **Review**

Everybody wants to live the perfect life but fail to understand you do that by designing and living the perfect day, day after day. This book shows you exactly what you have to do to create that day. --Larry Winget, author of *Grow a Pair*

Like his site *Early to Rise*, Craig's book relies on ancient wisdom and classic thinkers - including my favorite, the Stoics - to help you organize your day and run your life. --Ryan Holiday, author of *The Obstacle Is the Way*

This is a good, smart book about not just personal productivity - but also achievement and balance and happiness in life. Craig's approach is, like all good approaches, both personal and universal. I will recommend this to friends and colleagues. --Mark Ford, founder of *EarlyToRise.com*

#### **About the Author**

Craig Ballantyne has helped over 10,000 high performers and thought leaders with *The Perfect Day Formula* book and kit. He shows entrepreneurs and executives how to achieve extraordinary results in every area of life and have a bigger impact on the world, all while having more quality time for their families. Craig is the owner of the Denver-based personal development organization, *Early To Rise (ETR)*. His daily wisdom reach over 150,000 readers and teaches people how to build their wealth, improve their health, and become the best version of themselves. Craig is also the co-author of *The Cardio Myth*, and creator of the ground-breaking fat-loss workout systems, *Turbulence Training* and *Home Workout Revolution*. He has been a contributing author to *Men's Health* magazine since 2000. Today he is dedicated to ETR's 10 Million Mission of helping ten million men and women transform their lives before 2020. Craig has a Master of Science Degree in Exercise Physiology from McMaster University in Hamilton, Ontario, Canada, and continues to apply the latest in high-performance research to help his readers improve their lives.

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#### **Yolanda Ocasio:**

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**Lorenzo Maskell:**

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