

Title:

Refining The Golden Hour

Word Count:

790

Summary:

In one of the classic personal finance books, "The Richest Man In Babylon," we are told that t

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creativity, advice, success

Article Body:

In one of the classic personal finance books, "The Richest Man In Babylon," we are told that t

The question you should ask yourself is: if you only had one hour a day that belonged to you,

Lifewriting , the high-performance system for writers and readers, maintains that with only on

The first trick is to learn to calm your mind, to center yourself so that you have a "clean st

Next, you'll need energy to transform your dreams into reality. Diet, rest and focus are impor

Now you get to be clever. While total concentration on your exercise is best, this is not a pe

Ten minutes every day clarifying your goals is also a good idea.

Now, depending on how you've juggled your time (ten minutes goals, twenty minutes exercise or

Well, after a half hour of planning, exercising, meditation, and focus, you should be raring t

Then, on Tuesday, Thursday, and Saturday, you edit. This is when you tear your work apart, pol

Of course, if you aren't a writer, these ideas can easily be modified. The most important poin

- 1) One hour of every day belongs to you. Take it!
- 2) Clear your mind.
- 3) Plan your day
- 4) Raise your physical energy.
- 5) Take steps toward your dream goal.

If you will take these five steps, then you are on the path to the life of your dreams'one hou

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