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THE VERDICT. Having daily routines is essential in life and beneficial – to a point. Routines can help you study better, work more efficiently, and have greater control over your life.

### 8 Pros & 8 Cons of a Daily Routine | by MyLeanMBA | Medium

In the words of Tony Robbins says, "The secret of your success is found in your daily routine. ... CLICK HERE to watch the full 60-minute version inside Morning Ritual Mastery! (8 votes, average: 10.75 out of 5) Loading... Filed Under: MINDSET, MOTIVATION & INSPIRATION, PRODUCTIVITY & TIME MANAGEMENT, RECOMMENDED Tagged With: apple cider vinegar, be proactive, beliefs, body, checklist ...

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