

The 1% Rule: Your Holistic Well being Platform To Achieve Your Potential and Live a Fullfiling Life

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Your lifestyle: the 1% rule

Eat Not Too Much Bread

please Use Your Head

**Try to exercise every day on your feet & if you cannot do it in the gym
do it on the street**

**Go to bed early to sleep at night to avoid nightmares and dreamy figts
When you wake up talk to yourself positively or say a little pary
that will bless your entire day**

**Speak to your loved ones and listen to a romantic song
Don't leave your heart without entertainment for too long**

**Read couple of pages from an intersting book
that is actually food for your brain that you home cook**

Life is beautiful if we enjoy iy in bitsize little steps

**You will see it for yourself if you follow my advice for the next three
hundred sixty and five days or reps (repitions).**







The 1% Rule: Fulfill Your Potential