

Chapter 1 : 30 Challenges For 30 Days (That Will Make You A Better Person)

*Become a Better Lover in 30 Days [Elizabeth, Ph.D. Levang] on www.nxgvision.com *FREE* shipping on qualifying offers. This is a set of 4 mini books: *Become a Better Lover in 30 Days*; *Reduce Your Stress in 30 Days*; *Boost Your Self-Esteem in 30 Days*; and *Become More Assertive in 30 Days*.*

Storytelling is at the core of marketing, design and product management within a startup. They might even be laughing at you. I believe you can learn the fine art of storytelling in 30 days. No money back guarantee on this one. With a little bit of effort, you too can spin a yarn as notable as those told by the best in the books. Ready to take the 30 days to become a better storyteller challenge? Day 1 - Find a space to write If you are a paper-person, get a journal. Then a simple Word document will do for some. Evernote is another great option. You can also write using one of the best of the best pieces of writing software, Scrivener if you really want to get serious. Markdown is another option if you prefer more code-based environments. Whatever format you choose, this will be the container for your 30 day storyteller challenge, as well as a great place for you to kick off your new habit of capturing ideas and writing top-notch pieces. Day 2 - Find your tribe Look for storytellers who have created materials that you enjoy. These are all examples of stories and will help you find your voice. Store these items now, and get in the habit of housing them either in your paper journal or online tool. Day 3 - Reflect on your swipe file Review these pieces and then act like an anthropologist-psychologist-journalist. Unearth what it is that you like about these items. Is it the tone of voice? What emotions do they leave you with? What subjects is your tribe writing about? Are there any common threads that spring into focus that show you what kinds of stories get to you? Create a note that highlights the results of this research. Day 4 - Check out the competition You likely already have some competitive intelligence you can draw upon so take the top three competitors in your space and read their stories. Check out their team page, about section, product description and their blog. Evaluate their work with the perspective of someone unbiased and examine if they are either weak or strong on storytelling. What kind of feels do you get from their copy? Day 5 - Pick up one of these essential books on storytelling Learn from the master - of horror. White is the definitive guide on how to write in a sophisticated manner. Freeing the Writer Within. Celebrating its 30th anniversary this year, this book takes everything you think you know about writing, throws it out the window and leaves you to fill in the white space left behind. The Art of Personal Narrative. Much like coaches review the plays their teams made, writers need to read endlessly. How else can you find inspiration, trends and new ways to express yourself? Fill up your RSS reader or subscribe to newsletters that speak to your interests and to your business. Day 7 - Watch a documentary Documentaries are personal stories brought to the big screen. They make the most of bare-bones budgets and tell stories that are often unpopular and lower in the pecking order when it comes to what the mainstream considers entertaining. A good documentary will open your eyes to a new way of seeing. This is something all good storytellers aspire towards. The best roundup of this concept can be found in this blog post by Juice Analytics. Day 10 - Hop in that time machine Take some time to think through your past. Mine your previous experiences for any storylines that can be woven into your writing. A mind map or timeline may help you to identify any milestones, common elements or analogies that you may wish to use as part of your materials. Day 11 - Write something Write, write, write! Just put pen to paper or fingers to keyboard and get loose. If possible, set up a personal goal to write daily or a specific time each week. Building this habit into your schedule will help you become a better writer due to you actually writing. This can be yours all from writing a pithy words a day. The one who is always talking about themselves the loudest at the party. The same is true with stories. Everyone loves a hero story, but only if the hero is a likable and interesting person. Review what you put together with the lens of a person who is meeting you for the first time. Are you even likeable? Day 13 - Focus on the details Go somewhere new. Sit yourself down and observe everything that surrounds you. Describe how you feel - vividly. What senses are stimulated? Detail what you see in your environment. That drooly, screaming baby with one solitary jagged tooth in his head. That whooshing sound of the espresso machine as it squeezes out that bitter scented nectar that an impatient, pushy soccer mom named Jessica is about to spill all over her

cornflower blue denim pantsuit. Open yourself to the world around you. Become a master of description. Write a piece that gets descriptive about any of the following elements:

Chapter 2 : How to become a better storytelling in 30 days via @Onboardly

Day Keep Dessert Simple After spending hours in the kitchen, remember that a bowl of fresh fruit and whipped cream can be just as tasty as a soufflé. Now sit back and relax, chef.

I want to tell you about all the ways in which you can be a better man. Some of which only take a little time each day. These reminders will help you achieve what I and many other gentlemen have learned the hard way. Any man eager to become the master of his life must first take control of his character. All that is necessary is knowing how to be a man who progresses with the right intentions. Wake up early a lot Set your alarm every single morning, regardless if you have absolutely nothing going on in the morning. Consider that the majority of male CEOs wake up at 5: Why should it when life is too exciting to sleep? Examine your daily habits drop addictions The best habit a man can have is to make right on all of his commitments; before rewarding himself. Help other people be wise about it When looking for opportunities to be helpful and generous towards others, understand that people will take advantage of these traits. Worry less about the consequences Spend time learning the rules first so you know precisely how to break them. Instead, start focusing on the one big problem ahead of you. Consider that more than often all those little problems that seem to plague you will end up being solved on their own, or will turn out to be not such a big deal as you once believed. Doing so will help you better identify your stress triggers too. Be known for finishing, not starting Keep your word, stick to it. Before making any sort of promise consider a few things first: Perhaps the most important of them all Understand that your word is a personal guarantee. Be selective with the projects you take on. Determine the amount of time and resourced required before making a commitment. Adjust your time and energy accordingly to meet your goal. If it is a work document you promised your boss, complete it on time. Balance your budget Grit your teeth, open up those bill collector letters, and get them paid down. If you want more freedom, the answer is simple: Start learning how to invest and begin saving for the things that matter the most. Evaluate them on a monthly basis. Be more productive Stop sitting around the house all day binge watching addictive TV show series. Put down the gaming console. Start working towards your goals today. Avoid settling for less than you want, whether it be a wife, career, or anything else. Stay focused and hungry until you find it. Go to a Rolls Royce dealer and admire around. Let your dreams run wild. Those weight loss pills promising to magically make your love handles vanish Stop that nonsense. Join a real gym, pump some iron, go for a run, put air in those old bicycle tires and hit the trail till your legs fall off. Challenge your thoughts on work life Hate your boss? Most men do, welcome to the real world. What are you doing right now, this present moment that is going to make you more money? Try your hand at entrepreneurship if that suits you. Or get a side hustle. Make the best out of what you currently have available when starting out; this includes time and money. Enjoy every step of your journey. The truth is you can control your attitude and outlook on life. It will determine the attitude life has right back towards you. Do so by setting it every single morning. Every single day, every man out there is on a journey of self-progression, it never ends. Enjoy it for what it is. Push yourself to be more of a risk-taker. Treat your woman like a gentleman Chivalry is simple but often forgotten. Open the door, give her your jacket, help her get seated, etc. Talk about it Get a mentor There is absolutely nothing wrong with bag and negative feelings, every man alike has them. The truth is, no man should ever be ashamed to express his thoughts. Consult with therapist or support group. Shy away from gossip It goes back to keeping your word. Keep your private conversations private. You can connect and talk to anyone, about anything. To do so spend time walking around unfamiliar places. Take a notebook with you and scribble down everything you see around you. Just like the belt, understand how to avoid being too attached to your material possessions. You can easily donate those items and do something great for other men in need. Take time to get you suit tailored. Shell out a few more dollars to get it professional dry cleaned. Wash and clean out your car Stop littering your car with takeout, trash and bottles. Even if you drive an 89 Honda, wash it on the weekends and throw some tire shine on that thing. Be considerate of children Think all the way back to when you were a young boy. Ever recall sitting at a dinner table in a room full of adults, bored out of your mind? If you see a child in that type of situation, be the man

who walks over and talks to them. Encourage them to grow. Appreciate your friends and family. Keep them close, spend more time together. Ask them questions and take a legitimate interest in getting to know them well. Remember that your sons and daughters' importance to you can significantly be measured by the amount of time spent with them. Learn to avoid judging a book by its cover. Or in other words, give people a chance without making assumptions and presuming things first. Remember to accept people for the way they are, no man is ever perfect. When you fail, be a man who takes responsibility and avoids excuses or placing blame. Work hard till you get what you want, no matter the failure involved with every turn. It is our most valuable tool in life. We are walking in our acres of diamonds when it comes to our ideas. However, you must stop wasting them. When you come up with the one you believe can be great, make it a reality. If it means speaking up, make your words heard. If it means taking action, by all means run with the wind. Remember, saying no in the present moment does not always mean you are saying no forever. Network – often. You know the deal: Networking will help you learn how to relate to other people and form a relationship built on mutual trust. Keep business cards, make spreadsheets, or whatever else you have to do to keep your contact list up to date at all times. Fail more – embrace it. Learn to accept failure and defeat. Believe that the only time you will ever truly fail is when you agree to quit. Embrace every mistake, make peace with your past. Use those previous lessons to improve your future. Update your resume – Practice interview questions. Understand that there is definitely no such thing as job security in this world. Update your resume, review your accomplishments and experience. Know your personal strengths and weaknesses. One of the most important things any man can do for his career is know what his actual value and what he is worth. Take the time to determine what you bring to the table and why you should be getting paid higher than anyone else for it. Practice your ability to communicate. Enhance your spelling, grammar, and vocabulary. You probably hated those vocabulary books back in school, but now when someone mentions a fancy word.. You know what it is. Try speaking in public. Act, walk and talk like a king. Work on the way you carry yourself.

Chapter 3 : How to Become a Better Cook in 30 Days - PureWow

Don't complain for 30 days. This is a great way to create a more positive life by eliminating negative statements. You will become more self-aware, more mindful and a happier person in general.

I have made huge strides in overcoming my negative traits. That they noticed a change proves that 30BBM really works. A great soul will be strong to live as well as think. The 30 tasks in 30BBM are designed to trigger self-awareness and character growth: This means you can do 30BBM again and again and learn something new each time. People are seeing more change faster than I can imagine. This is in PDF format. Powerful system to transform your character and become your highest self! I have gained a lot in less time than I could have imagined. You recognize that most of our problems in life are a reflection of ourselves. He told me how I seem so much more balanced and calm, and just generally happier. I was so happy to hear that! The cover art for the guidebook. This is a separate book on top of your 30BBM guidebook. A sneak peek of the guidebook. This is the introduction where you will find the briefing for your day character transformation journey ahead. Overview sheet in the Workbook to keep track of your 30BBM tasks. How do you rate yourself as a person? Taking a hard look at yourself, rating the present-day you vs. On Days , you will do a deep exploration of your undesired traits. Think of it as a mental surgery where you purge out unwanted impurities in your consciousness to make way for the new you. What is your ideal self like? In Day 5, you will be uncovering your ideal self, via connecting with your higher self through a beautiful meditation and deep visualization exercise. This image of your ideal self will essentially be the person you are to grow into as you enter your next phase in life. Workbook template for Day 5. This is the person you will grow into in the next few months! Positive traits list of positive traits you can take on for your ideal self. There is no end to who we can grow into! Creating your character board is an all-time favorite task among 30BBM participants! Create a physical or digital board to celebrate your ideal self! You will be embodying your 5 ideal traits in the 2nd week of the program! Appreciating others is important, and so is appreciating yourself. On Day 13, your task is to identify things you love about yourself “and then, to write a letter of appreciation to yourself. All of us play different roles to different people in our lives, and you are no different. On a scale of , how do you rate yourself in your 3 most important roles? You will be doing a detailed evaluation on Day 17, and then improve yourself in those roles on Days All of us have shames and vulnerabilities. Acknowledging them is part of becoming a better you. Is there something in your past you have still not let go of? You will look into that on Day Being a better person requires you to constantly evaluate your thoughts and remove limiting beliefs. You will do this on Days Receiving criticisms is part and parcel of life. We should not try to deflect criticisms but learn from them. In one of the 30BBM tasks, you will reflect on a past criticism and use it to become a better person. On Day 29, you will write a letter of commitment to yourself “ to remind you of the person you want to grow into and to commit to your character growth. Be a Better You in just 30 days!! Through 30BBM, I discovered my ideal self. I remembered that when we give happiness, happiness comes to us. To me, every task has its own benefits; every task is useful as it works on us on different levels. And that is because the tasks really demanded action from us. I feel that many great insights have emerged and will continue to do so as I continue with 30BBM. I gained more courage to actively engage in relationships and got the boost for personal growth in general “ I had to wipe the dust off myself! I decided to ask these questions about myself at the end of every year! As a teacher and small time leader, I take my hat off to you. AND, I do not see this as done. I am so looking forward to seeing myself step up the ladder and become a better me. I can say that I have gained a lot in less time than I could have imagined. The tasks I found most beneficial are on appreciating yourself and acknowledging a vulnerability. Releasing vulnerabilities is an important step to move on and do better. Thank you, you have helped me change for the best, and I am really happy to have been a part of this program. You totally deserve all the success you are having and much more! The best part was when two separate family members, who had no idea I was doing 30BBM, commented on how much I have changed over the last little while. The second commented on how assertive I have become, and how proud they were of me for it. Both were traits I was trying to overcome as part of 30BBM, as I have always

been extremely shy, quiet and passive. The fact that they noticed a change proves that 30BBM has really worked for me. One of the best things about 30BBM is that it gives you even doses of reflection and action. It also challenges us to come up with our own action plans given what we have learned, which is genius I think. Every one of the tasks wove me into the magic that Celes has intended for us. The biggest thing I feel is great about 30BBM is that it teaches us to view the world in unimaginable ways that we would never believe possible before. It shows us how to challenge ourselves, to never give up, to do what we can even if it comes out wrong. I benefited the most from the task on vulnerabilities because it was a hugely liberating task. Also the task on character board because I can stare at it each morning and remember what I want. Thank you Celes for this wonderful experience. The course is administered in the form of a digital guidebook and a digital workbook that you can print. The workbook comes in an additional. DOC format if you prefer to type your answers on the computer. You will get access to an online portal where you can download the files. If you prefer, you can also read the task instructions via the portal, where the daily tasks will get unlocked every day from the date you sign up. Is there any coaching support? There is no coaching support which is why the program can be priced at an affordable price. In comparison, my clients pay hundreds of dollars for a coaching session. The workbook has detailed templates to write down your answers and reflection. Become a better person. If you are to rate yourself on a scale of , what score would you give yourself? No matter how good we are, there is always room to be better. Weed out undesired traits. During 30BBM, you will explore your negative traits and weed them out one by one. Build new, desired traits. All of us have an ideal self that we want to be. What traits do you want to cultivate? Through 30BBM, you will discover and embody your ideal traits. Know why you behave the way you do. Understand the motivations behind your actions. Connect with your inner self. This is part of improving as a person. You will reacquaint with these virtues and practice them on others. In 30BBM, you will work on improving yourself in your roles to others. Be connected with your inner world.

Chapter 4 : The Original Storyteller - Become a better storyteller in 30 days

The 30 Day Happiness Challenge - Tap the pin if you love super heroes too! you will LOVE these super hero fitness shirts! The 30 Day Happiness Challenge. discover life purpose and passion tips, activities, and self improvement tips.

Comment If you are one of those people who is constantly working on their self-improvement, try this day challenge project! We all have room for growth, so why not start today. And the best bit is you can customize your own challenge! A lot of us think that we should put as many things on our calendar as possible, and if there is blank space, it must be filled up. But actually, it is good to have a bit of completely free time every day. When you make your life too organized and full of to-do lists, anxiety happens. So try to open your mind to new possibilities! Be kind to yourself! You are doing your best, so stop obsessing over your mistakes. Take a minute walk each day. Walking is simply great for your health. It helps you lose weight, gives you more energy and helps to clear your mind. Even if it is during your lunch break! Compliment someone each day. The power of random daily compliments is underrated! It also gives you a reason to smile and focus on something good for a second. Make a little day photo diary. But the rule is that only 1 photo can go in it per day. We are used to posting so much meaningless stuff on social media, that it will be good to try and pick just one moment a day that is photo worthy. It works the other way round, too. Sometimes you may think there is nothing good or interesting happening in your life at all. This challenge will make you look for little happy moments harder, trust me, there is always something. After 30 days have a look at your photo collection to see how amazing your life actually is. Write down 3 things you are grateful for every day. Start a gratitude diary and every evening before going to sleep jot down three things you are thankful for. These can be the tiniest things, like good weather or getting a compliment from someone. Avoid toxic people for 30 days. Of course, sometimes you will just have to face negative people and there will be no way around it. But the idea is that you will make a conscious effort to avoid them. And will try to stay away from arguments and drama. Try to avoid negative affirmations for 30 days. Try to flip the sentences to focus on the positive rather than the negative. This will teach your brain to look for opportunities and to see the good in every situation. Smile back at children who smile at you. Have you ever noticed how when little children smile and wave at you, you feel uncomfortable and turn away? In fact, try to smile more yourself. It can make all the difference in the world. It is interesting how we usually listen to sad songs when we are sad, even though listening to something upbeat could have actually cheered us up a little bit. Make a playlist of happy songs and listen to them whenever you are starting to feel sad or lonely. This will do so much good for you. Both for the physical space around you and the mental space in your head. This includes items like old documents in your drawer and duplicate photos. And finally, find the strength to throw away those little keepsakes that connect you to negative things from your past and keep you from moving forward. Write for 10 minutes in a journal every day. Buy a notepad and write about your day in it. This may sound like something only teenage girls do, but actually, journaling is an extremely powerful mindfulness exercise. Plus, this way you can keep track of your personal achievements. Finish reading a good book in 30 days. How many books have you started reading but never finished? Or finished half a year later? Or even just bought and never opened them at all? To avoid this, set yourself a goal to actually finish it in 30 days this time. Read at your own pace. You can either do 10 minutes every day before going to bed or a couple of hours during a rainy weekend. Make sure to choose something that will help your personal growth as well. We have a list of 10 LOA books that we recommend here. But you can choose anything that you find motivational and inspirational. Take 10 minutes every day to practice self-care. So for the next 30 days try doing more of what makes you happy. Start with identifying all the activities that make you feel better and make a list of them and include as many as possible. Then put them on your calendar and start doing them every day. Here are 64 ideas for self-care that you may find useful. Meditate for minutes every day. Relax, you can sit in a chair, lie down on a bed or even walk around. Plus, there are plenty of free guided meditations out there that can help you get more benefits in less time. If you are interested, you can read more about brainwave audios for meditation here. Go to bed at the same time every day and wake up at the same time. Think about what time you need to wake up to have a rush free morning.

Start getting ready for sleep 20 minutes before that by shutting down the computer screen and taking a nice hot shower. Do one random act of kindness every day. Compliments and donations are always a good way to go. And here are some other ideas, just to get you started: Befriend that lonely person in your company or group of friends. Let the person who seems to be in a rush move in front of you. Let people merge-in during traffic. Everyone works hard and would love to hear that you appreciate it. Help someone whose car has broken down. Make an effort to stay in touch or reconnect with old friends every day. Think of all the friends you have drifted apart or are drifting apart from. Send them a random message and maybe suggest to meet and catch up. Good people are hard to come by, so make an effort to keep the ones you have in your life. By the way, this includes saying hi to your neighbors when you see them instead of pretending to be listening to music. Maybe even ask them how they are and have a little chat. After all, you do basically live together. Cook for the week ahead every Sunday. Not just for the obvious health benefits, but also because it will save you a lot of time. Try it, your life will definitely become easier and more organized. Add a new detail to your dream board every day. So this is your chance to really work on your dream board. Add one new thing to your dream board every day to make the final result as specific as possible. Yes, we are moving on to the harder ones. And for many, talking to strangers probably sounds like an impossible task. But it is one of the easiest ways to meet new people, start relationships, find new job opportunities and just open yourself to new possibilities. So for the next 30 days make yourself chat with one stranger per day. Is this seat taken? Because you never know, you might end up having a long, interesting chat with that person. Re-evaluate one long-held belief. Questioning your beliefs is a great way to rid yourself of the mindset that is holding you back in life. The hardest part here is probably actually recognizing which beliefs are limiting.

Chapter 5 : How To Be A Better Man - Plus Ways To Take Charge

30 Days to a Better Man was a month-long series that originally appeared on the Art of Manliness website in June ! the goal of this project was simple: to encourage men to be better men in all areas of their lives.

The best part of day challenges is that making small changes one at a time aka focusing on only that one challenge over the course of 30 days , is much more sustainable over the long-term that trying to overhaul all of your habits and routines at once. In the spirit of wanting to provide a little inspiration to you to try a day challenge of your own, I thought I would compile a list of day challenge ideas that you might like to try for yourself. Now, the key is to remember that this list is just full of suggestions, so maybe you will choose one challenge to take on. The important thing is that you carve time out of your schedule every single day over the course of 30 days to devote to whatever challenge you choose. Fifteen Day Challenge Ideas that will change your life: Quit a bad habit that bothers you Maybe you bite your nails, smoke, or have a tendency to devour a pint of ice cream every night. If you have a daily habit that bothers you and is something you have wanted to stop doing for awhile now, this is your chance to make a change and phase this habit out of your life. You can quit anything for only 30 days! Get outside If you find yourself spending most of your days cooped up inside looking at a computer screen and want to experience more fresh air, then making a point to get outside every day might be a great challenge for you! Plus, a little sunshine never hurts to boost your mood either! Become a morning person Mornings can be rough. As a former night owl who took an awesome course Makeover Your Mornings that helped to turn me into a morning person, I can honestly say that life is a lot better when you start your day on the right note. In this post , I share various ways that you can make your mornings happier and I also include a free printable to walk you through my strategies. If you want to become a morning person too, be sure to check it out! Start up a side business doing what you love Creating a side business of your own that you love and are passionate about can bring so much joy into your life! Take the next 30 days and spend an hour every day dedicated to getting your new side business up and running, and finally make your dream a reality! And if starting a blog is something you yearn to do too, be sure to check out my free tutorial where I walk you through all of the steps to do it! Give up TV or social media While it can be fun to indulge in TV or time spent on social media, it can also be easy to allow ourselves to become addicted to it. Keep a gratitude journal Life is never going to be perfect, so it can be easy to feel like a bad day means we have a bad life. I know I certainly am guilty of forgetting all of my blessings when things start to go a bit awry. Something that really helps to combat this is to keep a gratitude journal. Every night, challenge yourself to write down just three things you were grateful for that day or that put a smile on your face. What an amazing resource to have! Spend 30 days either completing one random act of kindness or giving a compliment to someone every single day and see if making others happy makes you happier too. Check out this post for more ideas on how to show gratitude for others to inspire you in this particular challenge. Set aside time to devote to your favorite hobby Too often we fail to make time for the things we most love to do. If you have a hobby that you tend to not always make the time for, try carving a few minutes out of your day for 30 days straight to spend on it. Spending time doing things we love and working on our passions is a surefire way to be happier and feel more fulfilled! Exercise for 30 minutes Have you been trying to make exercise a regular habit for years now? Use this challenge as your muse to finally get on board with that habit! Try adding in just 30 minutes of exercise to your day. Read a book just for fun When is the last time you read a book just for fun? Not because you had to, but just for the sake of enjoying a good book? It can be difficult to carve time out of your day to cozy up with a good book and let yourself get lost in it, but it always feels so amazing when you do! Try reading one chapter of a book every night before bed for the next 30 days and see if it helps you feel more relaxed and maybe even inspires you! Kick negative thoughts to the curb Negative thoughts happen to all of us. Sometimes when things are going wrong, it can be difficult to find even one good thing about the situation at hand. Challenge yourself for the next 30 days to see if you can try to find the positive in every single situation you encounter. When negative thoughts start to creep in, try to instead replace them with positive ones. Obviously you will still need to pay for groceries, gas, bills, etc. See if taking

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on this challenge opens your eyes to your spending and consumption habits and if you find yourself enjoying new hobbies other than shopping! Try donating, tossing, or selling just one item a day for 30 days in a row. While this might not sound like it will make a huge impact to get rid of one thing at a time, just think about how at the end of the challenge, your home will be 30 items lighter than it was before you started. Small changes have the potential to make a big impact, especially when it comes to decluttering! Try spending a whole 30 days only using your phone for actual phone calls – no texting, no email, no internet, and no apps. See if making this change allows you to be more present and in the moment! This course is designed to help you declutter your home, improve your relationship with technology, put an end to busyness, and assist you in managing your time wisely. Leave a comment below!

Chapter 6 : Friend, Lover, Woman, Wife Lyrics

Becoming a Better Mother in 30 Days. I was inspired to create this group, to help us all find our voice as mothers. I know I have a hard time, and get into a pattern of yelling- becoming impatient-and then feeling SO bad.

No, thanks I hate pretty things. And can whip up a casserole without a recipe. And never, ever burn pancakes. Most kitchen and hardware stores will do it for youâ€™ sometimes even for free. Peel off the outer layers, then chop the entire thing vertically. Next, chop those slices horizontally. Master the Art of Cooking Rice Always remember the 1: One part rice, two parts water. And Poaching Eggs Always crack your egg into a glass ramekin before you pour it into the water to keep the yolk from breaking. Save Your Grease Whenever you cook bacon, save the grease for later. Feasting at Home Day 6: Heat vinegar, water, kosher salt and sugar on the stove, then pour the mixture into a mason jar with sliced veggies and herbs. Keep Your Scraps Veggie tops, bones and hard cheese rinds make a delicious soup stock. Try a New Spice Might we suggest turmeric , which is super tasty and extremely good for you? Erin McDowell Day 9: Hoard Chicken Breasts in Bulk in Your Freezer You never know when you might need to whip up an amazing dinner in under an hour. Erin McDowell Day Try a Totally New Vegetable Meet turnips. You can turn them into fries , mash them, roast them or add them to soup. And if you want to get really adventurous, expand your veggie horizons by joining a CSA. Continue to season and taste your food as you cook.

Chapter 7 : 31 Ways To Be A Better Person Every Day - mindbodygreen

Become a Better Leader in 30 Days by Steve Richardson is not a specifically Christian book, but it is written like a devotional. In 30 brief sections (just pages each), Richardson gives you a principle to reflect on along with an activity to incorporate that principle into your day.

Chapter 8 : 30 Day Marriage Challenge - iMom

Here are the top 10 simple ways to become a better lover. AskMen. Sign up Log in; AskMen. 0. Shares. Search AskMen Search. Messages You have no messages. AskMen, Become a Better Man, Big Shiny.

Chapter 9 : Becoming a Better Mother in 30 Days â€™ Raising human beans

If you're ready to start a blog-or ready to hone those blog posts in your arsenal-let me show you 5 simple ways to become better blogger in just 30 days. Here's the first 1.