

How to really get results from self help
with actionable steps

How to really get results from self help
with actionable steps



Jasmin Hajro

Copyright Jasmin Hajro 2023
Cover design by Jasmin Hajro

Hello

thank you for considering to buy and read one of my books

I have read quite a few reviews of books on amazon

Even bestsellers get 1 star reviews

A complaint from readers is fluf : actions and strategies that don't get you results

Another is when the author has no experience in what he is teaching and is just regurgitating theory...

Another is that concepts and ideas are shared, but there are no actionable steps...

This book is different

I talk from experience,
the things I mention , I do
and get results from them...

It also has plenty of actionable and doable and realistic steps
for healthier living,
saving and investing
and getting results from selfhelp

But it is up to you to take action...on what you learn
to implement...

If you already know that you aren't gonna take action
don't bother reading it....

It is written in how I tell it, so it will be an easy read...

Starting your day healthy, morning routine..

uh hello good morning
how are you doing
my name is Jasmin Hajro
I'm here in the little village of Zelhem
in the Netherlands

so I I wanted to share something with
you
which I think can benefit you for the
rest of your life

so I am just curious
how do you start your day in the morning ?

so you get up and
what's the next thing to do
what do you do ?

so I
I get up and then
most of the times I have to go to the
toilet to pee
that's the first thing
and
after that I would like always uh
uh make some coffee and drink my coffee
and smoke tobacco

so which is uh
like not the most healthy way to start
your days right ?

so I came up with uh with another uh
uh routine and I would like to share
that with you

uh it will only take you a few minutes
but uh to show you I have to get some
supplies and I will have to talk you
through it

so uh give me a moment uh I'll be right
back

you get a bowl like this right
and then you get a kiwi
you get a banana
and you get a carton of yogurt
and here is a garbage bin a small one
uh
so

you you peel uh you peel the banana
and you slice it in little pieces
and put the pieces into the bowl
right

so
all right
let me show you
how can I oh
wait a second
here is the uh pieces of banana
and then you get the Kiwi and you peel
the kiwi
you know
like this you cut it in half
then you slice it in in small pieces
uh into the bowl
like that
right

okay
the the Kiwi is a little bit uh watery
and sticky so I will wash my hands very
quick I'll be right back

all right
okay
so here we have this
the sliced banana and the sliced kiwi in
the bowl

and then we shake the yogurt a little
bit right
we open the yogurt and we pour some yogurt