

How to really get results from self help  
with actionable steps



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Jasmin Hajro



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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