

Internet Marketing Lifestyle Resource Sheet

Are you sick of waking up at 11am and working until 8pm in your pyjamas? Are you tired of juggling work commitments and clients and being constantly stressed by incoming calls and emails about work? Are you worried about the health implications of working sitting down all day? Or the drawbacks of being constantly stressed?

Then read on and take heed of this resource sheet. Here, you will discover a huge repertoire of different tools and resources you can use to redesign your life and to make the very most of being an internet marketer!

Books and Blogs for Further Reading

The Four Hour Workweek by Tim Ferriss

Tim Ferriss is a wildly popular author and podcaster and the man most responsible for the 'lifestyle design' movement. His first book, *The Four Hour Workweek*, still stands as his best and the perfect guide to creating the lifestyle you want and making your work fit around that rather than the other way around.

The book shares tons of secrets regarding the best ways to juggle large amounts of work, how to automate aspects of your job so that you can earn money while sleeping and how to combat stress and enjoy your life. It's not aimed directly at internet marketers but it is particularly applicable for those that are self employed.

Vagabonding by Rolf Potts

If one of your aims for enjoying your work-life balance more is to travel more, then this book by Rolf Potts will be just the ticket. This is a book that's all about taking 'mini vacations' and simply making more out of life. Again, it's the perfect match for any digital entrepreneur's lifestyle.

How to Save an Hour Every Day by Michael Heppell

This is a great book for anyone that feels they have no time in the day. It is jam packed full of time saving tips and when you put them all together, you can save a lot of time.

The Dark Fields by Alan Glynn

The Dark Fields is the book that inspired *Limitless*. Yes, it's fiction, but it's also incredibly inciteful when it comes to the way that highly productive people think and work. The first thing that protagonist Eddie Mora does is to completely tidy his flat and then fix his appearance. This is the kind of thinking that will help you to get more done.

The Four Hour Blog

<http://tim.blog>

This is Tim Ferriss' blog and is filled with even more tips, ideas and suggestions to help you become more productive and get more done in less time. The podcast is perhaps the best part, where he interviews some of the world's most successful people to find out what their routines and secrets are.

Smart Passive Income

<http://www.smartpassiveincome.com>

Smart Passive Income is the blog of Pat Flynn. As the name would suggest, this is a book all about generating income passively. It has a lot of tips for marketers but more importantly, you can learn from the man himself. He is a great example of someone who loves what they do and who *appears* to have a great work/life balance.

Apps

One of the challenges of being an internet marketer, is working on the go if you want to travel a little more or spend time in coffee shops. The following tools can help...

Asana

<http://www.asana.com>

Asana is a tool for juggling projects and is a fantastic option if you want to collaborate on projects with people across the globe. Upload files, discuss matters with others assigned to the same jobs and see iterative changes.

Google Drive & Docs

<https://drive.google.com>

Arguably even more impressive for collaboration is the incredible Google Docs, which comes packaged with Google Drive. Edit work documents and spreadsheets and have those changes saved instantly to the cloud where anyone can access them.

Slack

<https://www.slack.com/>

This is a fantastic tool for chatting with colleagues that aren't present. It gives you the same kind of banter and chit chat you would get in an office, but with people who are potentially thousands of miles away.

Headspace

<http://www.headspace.com>

Headspace is a meditation app that is the perfect introduction for beginners and a great tool to help you find some calm in the day. The 'Ten in Ten' is a great introduction, giving you ten meditative sessions over ten days, each lasting ten minutes. The perfect defence against the stress of running an internet marketing business.

Tools and Gadgets for Health

Finally, consider these tools and gadgets to boost your health while you work...

Exercise Ball

An exercise ball is something you can use to exercise and stretch but it can also be used as a temporary office chair. This will improve your posture while working your core and prevent many of the issues associated with jobs that have you sitting down for long stretches of time.

Daylight Lamp

Daylight lamps are lamps that get gradually brighter in the morning and are set to an alarm. These not only help you to wake up gradually rather than being startled out of deep sleep, but they also

ensure that when you wake up, the room is bright and welcoming rather than pitch dark. They can make a huge difference to your morning routine and how much you can get done in a day.

Standing Desk

A standing desk is a desk you stand at. It works by lifting your computer/laptop/keyboard so that you can answer emails and perform other jobs while standing. It's great for your health because it means a break from sitting.

Fitness Tracker

A fitness tracker is a device – normally a watch – that can monitor your heartrate, your steps taken, your calories burned and various other aspects of your health. This is great for the reminders that tell you when you've been sitting too long without getting up! It's also handy to know how many steps you've taken on any given day and to that way make sure that you are moving at least a minimum amount and burning enough calories.