



Thirty Day Challenge 2009 – Training – Day 09

2009TDC09a: Introduction

Running Time: 1min



Intro

Oh, phew... what a week!

Fortunately, as you can tell, today is a rest day, so it's a chance for you to catch up, for you to kick back - see what's been happening in the world. Whatever you want to do, really - just take it easy!

But we do have some special bonus content because we know some of you are achievers and the concept of rest - or sleeping before you are dead - is not in your DNA!

So, with that - ah, thank you very much [someone hand Ed a drink] cheers! [takes a drink] - if you want to over-achieve for today, then feel free to look across at the exceptional training.

Other than that, I'm going to have a little bit of "nigh-nigh"... a little bit of nap-y time.

We'll speak soon!



Summary:

Today is a Rest Day, but if you feel like pressing on...

Today's Tasks

- Track your Web Site Ranking with Market Samurai's Rank Tracker

Links:

Download Market Samurai: <http://www.marketsamurai.com/thirtydc>

Market Samurai Knowledgebase, Forums, Tutorials - <http://www.noblesamurai.com/support/>

Email Market Samurai Support: <http://bit.ly/2009tdcmss>