

NIKITA AZMI HASAN

CONTENT & SOP WRITER

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ADDRESS

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Dear Hiring Authority,

This letter is to accompany my application for the position of Content & SOP writer at Career Paths Dhaka. With 6 months of experience in education consultancy firm on a position named Student Counsellor, I am confident in my ability to increase brand awareness, engagement and conversion rates. My skills include creating engaging content, analyzing and reporting on campaign performance and staying up to date with the latest trends and best practices online. I am passionate about writing that results from my expertise and exceeding goals. I believe that my expertise would make a valuable contribution to your team.

I would be thankful if my application gets considered and I hope to look forward to discuss with you about the job details.

Sincerely,

Nikita Azmi Hasan

A Blog Post on Morning Routine

Kickstart Your Day: The Power of a Morning Routine

There's something magical about mornings. The way you start your day sets the tone for everything that follows. A simple, intentional morning routine can boost your energy, sharpen your focus, and help you feel more grounded.

1. Wake Up with Purpose

Instead of hitting snooze, try getting up at the same time each day. Consistency helps regulate your body clock and makes mornings less of a struggle.

2. Hydrate Before Caffeine

A glass of water first thing in the morning wakes up your system, replenishes fluids, and kickstarts metabolism. Coffee can wait a few minutes.

3. Move Your Body

Stretch, do yoga, or take a brisk walk. Even five minutes of movement can shake off grogginess and release feel-good endorphins.

4. Feed Your Mind

Read a few pages of a book, jot down thoughts in a journal, or practice gratitude. This mental nourishment sets a positive tone for the day.

5. Fuel Up Right

A balanced breakfast; think protein, fiber, and healthy fats that keeps you energized and focused until lunch.

A morning routine doesn't have to be complicated. Start small, keep it consistent, and let it evolve naturally. The goal isn't perfection; it's creating space to begin your day with clarity and intention.

Digital Detox: Reclaiming Your Focus in a Hyperconnected World

In today's regular hectic culture, our devices are both lifelines and distractions. From endless notifications to social media scrolls, the digital world often hijacks our attention, leaving us mentally drained and emotionally scattered. A digital detox is a conscious break from technology; designed not to eliminate it, but to reset our relationship with it.

Why It Matters

- **Wears down focus:** Constant digital interruptions fragment our attention and reduce deep work capacity.
- **Impacts mental health:** Overexposure to screens and social media can increase anxiety, stress, and sleep disturbances.
- **Blurs boundaries:** The line between work and personal life becomes harder to maintain, especially for remote workers and executives.

What a Detox Looks Like

- **Intentional unplugging:** Setting boundaries around screen time, notifications, and app usage.
- **Mindful engagement:** Choosing when and how to use technology, rather than reacting to it.
- **Reclaiming presence:** Spending time offline to reconnect with nature, relationships, and personal goals.

In brief, it is highly recommended for everyone to be timely relatable who always feel overwhelmed by screens and notifications. To reclaim your focus in a hyperconnected world, it is advisable to be versatile which means to be tailored for wellness, productivity and so on. One can use different productivity platforms and choose lifestyle wisely. It may ultimately reduce the cost of constant connectivity, increase the sign of using digital detox, unplug without feeling disconnected and digital breaks boost creativity and mental health.