

30 TIPS TO IMPROVE YOURSELF

- 1 Love yourself more.
- 2 Spend time in nature.
- 3 Do something scary.
- 4 Get enough good sleep.
- 5 Eat and drink mindfully.
- 6 Take regular breaks.
- 7 Stay hydrated.
- 8 Take your vitamins and minerals.
- 9 Listen to inspiring podcasts/audiobooks.
- 10 Practice mindful journaling.
- 11 Spend time with positive people.
- 12 Counter negative self-talk with truth.
- 13 Recite positive affirmations.
- 14 Forgive others to avoid resentment.
- 15 Accept the past and move on.
- 16 Practice mindful giving.
- 17 Spend less money than you earn.
- 18 Listen to uplifting music.
- 19 Avoid foods that hurt your health.
- 20 Express gratitude every day.
- 21 Meet with a mentor monthly.
- 22 Create a mission statement.
- 23 Keep your living space inspiring.
- 24 Rise early and drink a glass of water.
- 25 Find an accountability partner.
- 26 Ask for constructive feedback.
- 27 Stay focused with short to-do lists.
- 28 Practice daily mindful breathing.
- 29 Start a 30-day challenge.
- 30 Treat people like it's their last day to live

A Basic Guide To Selfimprovement

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