

A person is silhouetted against a dramatic sunset sky filled with clouds. The person stands with their arms outstretched, facing away from the camera towards the horizon where the sun is setting. The sky is a mix of dark blues, purples, and oranges, with the sun's glow creating a bright area in the upper center. The overall mood is inspirational and hopeful.

20 Ways To Improve Yourself Every Day

Tip #1

Do a Quick Check

Are you putting off doing something big that you've wanted to work on? Then just take a five minute look at it. You'll make progress, and often you'll end up doing more. The task will seem far less daunting!

Tip #2

Make Your Bed

This tiny change to your routine is beneficial not only for making your home seem cleaner and tidier, but also for training you to be better at adopting positive new habits.

Tip #3

The One Minute Rule

If you've been putting off a job that takes one minute or less, do it right now.

Tip #4

Look for Sticking Points

Assess your daily routine and ask yourself where you are taking more time than you need to be, or where you are wasting energy. Change your routine to remove or improve this.

Tip #5

Microworkouts

A microworkout is a ten minute workout. This can get your blood pumping and help you form a positive new habit of exercising – you'll increase the time later.

Tip #6

Incidental Training

Better yet, find ways to introduce more activity and exercise into your existing routine.

Tip #7

Efficient Choices

Learn to spend your time on the things that take the least effort, but result in the highest potential reward.

Tip #8

Speed Up Your Computer Load Time

If you use your computer daily and it takes five minutes to boot up, this could save you hours every week!

Tip #9

Create a Budget

A budget provides you with opportunities for small savings, which can add up to a lot.

Tip #10

Use a Checklist

A checklist can help you to work in the most efficient manner and to avoid mistakes.

Tip #11

Get Out of Bad Relationship Habits

Small habits creep into relationships that might leave one or both parties dissatisfied. Slowly roll these back.

Tip #12

Make Small Decisions for Your Finances

Making small savings on things like your lunch
can add up to a lot.

Tip #13

Use Automatic Transfers

Set up a standing order to move \$10 a day into a savings account and you'll very quickly rack up a lot of money!

Tip #14

Kaikaku

This is the opposite of kaizen and means drastic change. Sometimes it's necessary – learn to spot the difference.

Tip #15

Meditate for 5 Minutes

If you can get into the habit of a five minute daily meditation, you will be happier, less stressed, and more focussed.

Tip #16

Brush With Your Non-Dominant Hand

This can actually improve your creativity and it takes no time at all!

Tip #17

Set Reminders

If you are trying to introduce a new small habit, use a reminder to ensure you actually do it.

Tip #18

66 Days

This is what new research says is the amount of time it takes to form a new habit. When starting a new daily habit, aim to keep it going for at least this long.

Tip #19

Write Down Three Things You're Grateful For

This very quick exercise will drastically improve
your mood and contentment.

Tip #20

Talk to a Stranger

Start up a conversation for one minute with a stranger. You never know what you might learn and moreover, you will find it massively increases your social confidence, charisma, and charm.