

A person is silhouetted against a dramatic, cloudy sky at sunrise or sunset. The person's arms are outstretched, and they appear to be standing on a high vantage point, possibly a mountain peak. The sky is filled with large, billowing clouds, and the sun is visible as a bright, glowing orb behind the clouds, creating a lens flare effect. The overall mood is one of inspiration and achievement.

# 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.