SELF IMPROVEMENT IDEAS

Upgrade your life today! From improving your health to your finances, here's 20 ways to become a better person. CLICK THOUGHT FOR MORE TIPS & FREE RESOURCES.



- [ ] 1. COOK A HEALTHY MEAL
- [ ] 2. DEVELOP A FUN EXERCISE ROUTINE
- [ ] 3. CREATE A NIGHTTIME RITUAL
- [ ] 4. SET SMART GOALS
- [ ] 5. ASK YOURSELF GOOD QUESTIONS
- [ ] 6. DEVELOP ACCURATE BELIEFS
- [ ] 7. TAKE A PERSONALITY TEST
- [ ] 8. MEDITATE
- [ ] 9. DEVELOP EMOTIONAL AWARENESS
- [ ] 10. SIGN UP FOR A CONFERENCE
- [ ] 11. CONTACT SOMEONE WHO RESPECT
- [ ] 12. WRITE A THANK YOU NOTE
- [ ] 13. PLAN A MEANINGFUL EXPERIENCE
- [ ] 14. VOLUNTEER
- [ ] 15. INCREASE THE AMOUNT YOU SAVE
- [ ] 16. START INVESTING
- [ ] 17. WATCH AN INSPIRING TED TALK

- [ ] 18. LEARN A NEW SKILL
- [ ] 19. MAKE A STOP DOING LIST
- [ ] 20. STUDY HAPPINESS

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