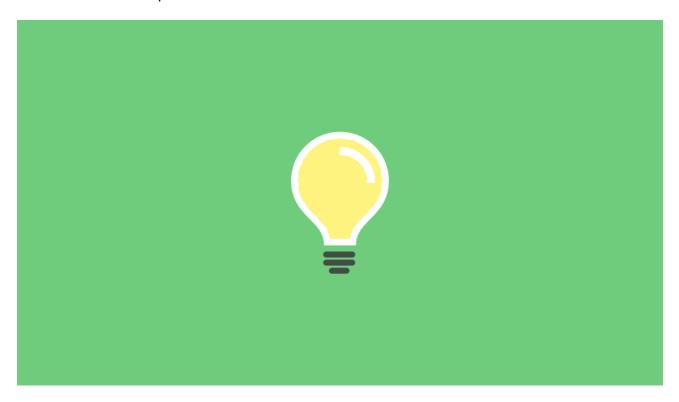
SELF IMPROVEMENT IDEAS

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	Make and Share Free Checklists
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