

# 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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