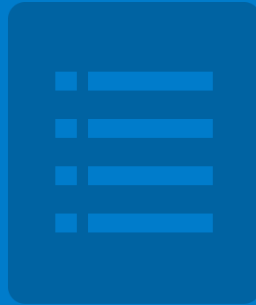


# A Guide To Self Growth

16 small ways to improve your life & calm anxiety



- ☐ Make your bed
- ☐ Drink water first in the am
- ☐ Wear feel good outfits more Often
- ☐ Spend some time off of your phone in the am
- ☐ Listen to music more often
- ☐ Smile
- ☐ Message your friends/family
- ☐ Eat feel good food
- ☐ Make lists
- ☐ Move your body
- ☐ Always bring water with you
- ☐ Monitor the time spent on your phone
- ☐ Make plans with your friends
- ☐ Treat yourself
- ☐ Turn off your phone 30 min before sleeping
- ☐ Notice what you're grateful for

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