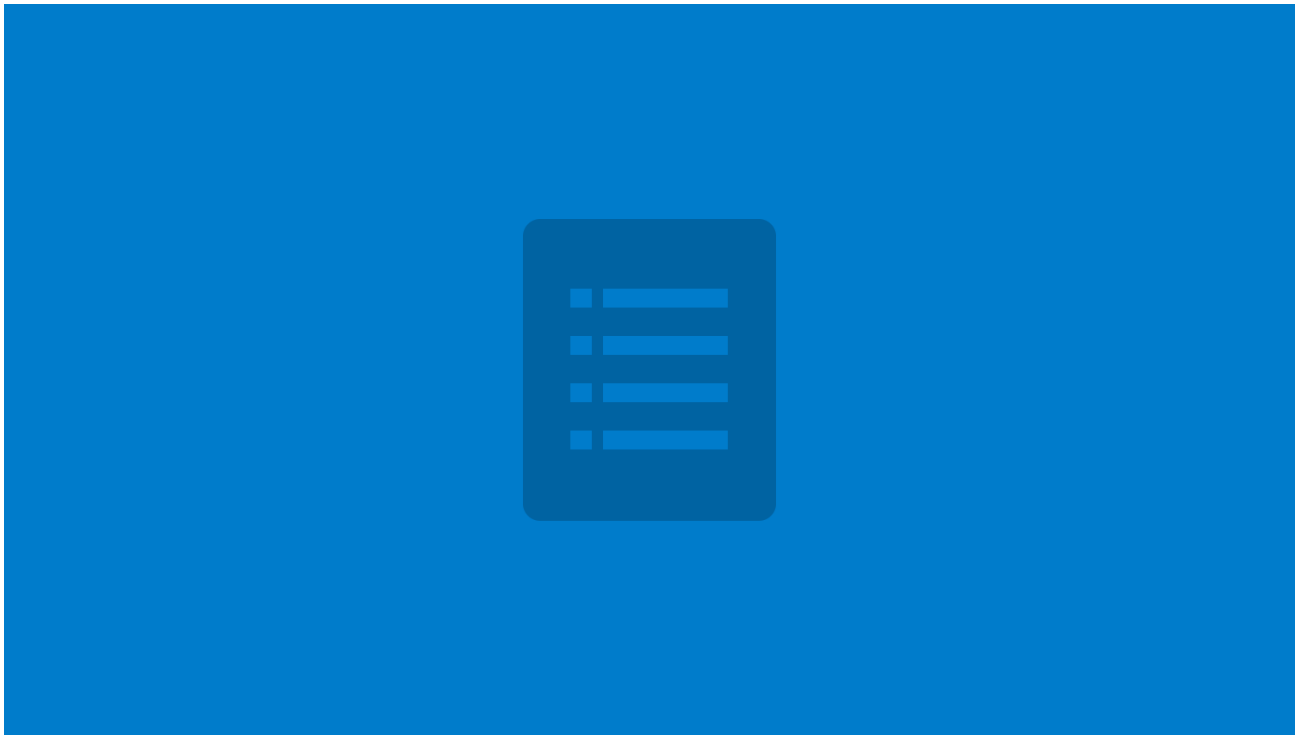
A Guide To Self Growth

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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