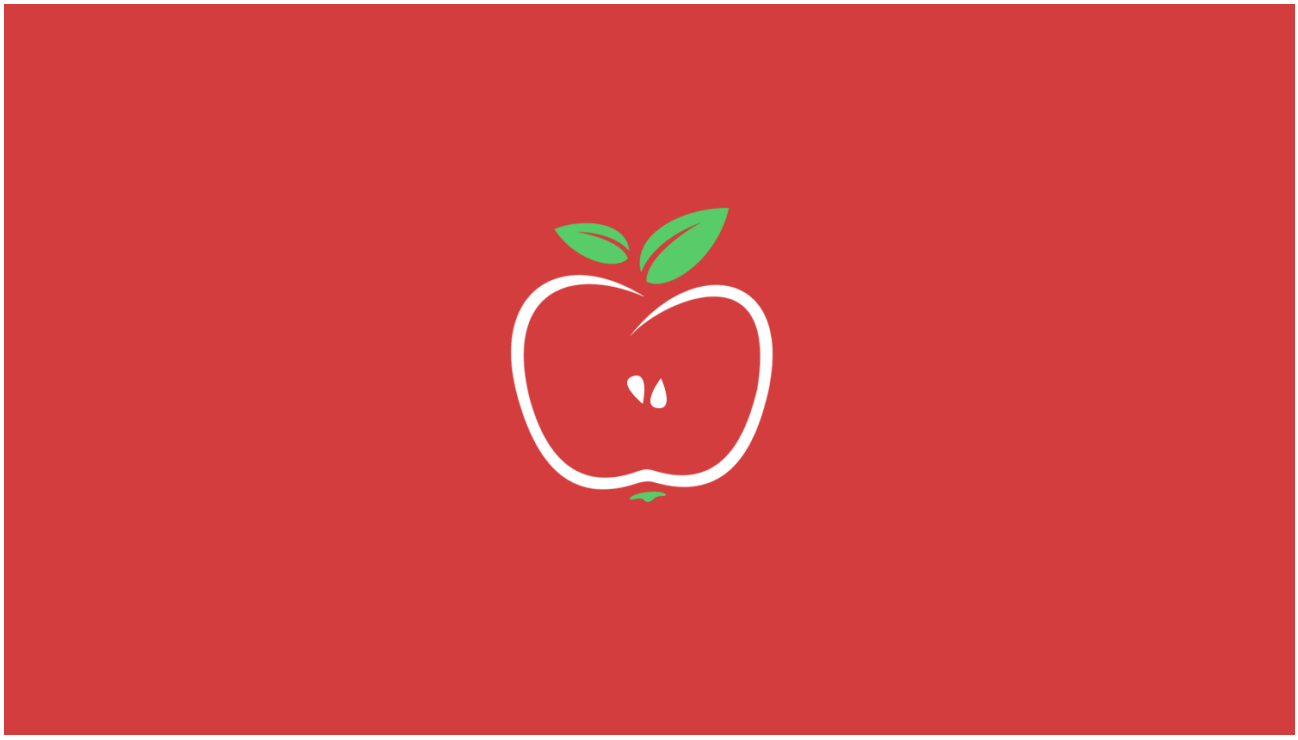
32 Self Improvement Tips to Skyrocket Your Success in 2020



Personal Development

- [ ] Start Now
- [ ] Be Intentional
- [ ] Be Accountable
- [ ] Get A Mentor
- [ ] Embrace Challenge
- [ ] Love Thyself
- [ ] Pay Attention
- [ ] Disconnect
- [ ] Make and keep promises
- [ ] Seek Support

Time Management

- [ ] Plan Ahead
- [ ] Don't Procrastinate
- [ ] Prioritize
- [ ] Say No

- [ ] Delegate
- [ ] Eliminate Distractions
- [ ] Time Track

Self-Love & Self-Care

- [ ] Eat Well
- [ ] Hydrate
- [ ] Sleep Well
- [ ] Exercise
- [ ] Meditate
- [ ] Get Checked

Self-confidence & Self-esteem

- [ ] Use Affirmations
- [ ] Thank Yourself
- [ ] Forgive Yourself
- [ ] Focus On What You Can Change
- [ ] Positive Energy

Goal Setting

- [ ] Define Your Goals
- [ ] Clarify Priorities
- [ ] Set Deadlines
- [ ] SWOT Analysis

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