

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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