

## # Tip

### Discover What Kind of Life You Want

- 1 Define your goals. What do you want to achieve in life? What are your priorities?
- 2 Make a plan. Once you know what you want, figure out how to get there.
- 3 Take action. Start working towards your goals today.
- 4 Track your progress. Keep track of what you're doing and how it's going by writing things down.
- 5 Make a promise to yourself. Write out an oath in which you swear to act towards your goals and never give up.

### Clear the Mental Obstacles in Your Path

- 6 Get out of your own way. Don't let fear stop you from starting and achieving your goals.
- 7 Be confident that you will accomplish what you set out to do.
- 8 Become aware of the excuses you tell yourself as a cover for procrastination and laziness.
- 9 Just do it! Don't overthink things; just take the first step and keep going from there.
- 10 Stop comparing yourself to others and start living your own life.

### Start Saying "Yes" More Often

- 11 Say yes more often. When someone asks you to do something, say yes!
- 12 Take on new challenges. Remember, a new habit is much easier to keep than the one you've been working on for years.
- 13 Allow yourself to succeed at something new.
- 14 Learn from rejection and criticism by taking it in stride and listening to what other people have to say when you're being tested or challenged in some way.
- 15 Don't say no until you've thought about what it is that you're saying no to.

### Train Your Brain

- 16 Think positively. Affirmations are great for repeating positive statements to yourself when you need a little cheering up or motivation.
- 17 Use visualization techniques to imagine yourself achieving your goals.
- 18 Solve your problems by first thinking about them before acting or speaking.
- 19 Challenge yourself to learn something new every day.
- 20 Take time for yourself to relax and recharge.

### Start Eating Better

- 21 Start eating better by planning your meals and thinking about how much you're eating.
- 22 Limit high-calorie snacks like sugary candy bars, pastries, and potato chips to once a week or once every other day if you can't resist them.
- 23 Make it easy for yourself by keeping healthy food around the house and at work.
- 24 Drink more water. It's great for your skin, hair, and overall health.
- 25 Avoid eating late at night.
- 26 Try to eat mostly whole, unprocessed foods.
- 27 Eat breakfast every day to start your day off right.
- 28 Cut down on processed meats like beef, pork, and chicken.

## **Get Moving**

- 29 Get moving just a bit every day by taking walks or riding your bike to work.
- 30 Start with small goals that are easy for you to achieve, so you'll have an easier time reaching the ones that follow.
- 31 Set yourself up for success by creating a "just right" exercise schedule.
- 32 Stay motivated with workout videos, music playlists, or podcasts that keep you energized and excited to move more.
- 33 Don't sweat the small stuff; just do your best and don't worry about it if you can't do every rep or set of every exercise perfectly.
- 34 Make sure you're lifting weights that are challenging for you.
- 35 Take a break when you need it, and don't feel guilty about it.
- 36 Celebrate your accomplishments along the way, no matter how small they may seem.

## **Get Organized**

- 37 Declutter your space to get organized.
- 38 Stay on top of things by being tidy and cleaning up after yourself throughout the day.
- 39 Keep a schedule for yourself that lists things you need or want to do each day of the week, and mark them off when they're done.
- 40 Get a planner, a calendar, or an app to keep track of your appointments, deadlines, and events.
- 41 Make a list of things you need to buy at the grocery store, so you don't have to spend time thinking about it later.
- 42 Sort your clothes by color, type, or season to make getting dressed in the morning easier.
- 43 Create a "to-do" list at the end of each day that lists everything you accomplished.
- 44 Get rid of clutter to make your home more comfortable and functional.
- 45 Form good habits by following a routine that's easy for you to stick to.
- 46 Organize your thoughts and ideas by writing them down in a journal or notebook.
- 47 Make it a habit to do one thing each day that helps you get closer to your goals.
- 48 Remove distractions from your environment so you can focus on the task at hand.
- 49 Use labels and folders to keep your paperwork sorted and organized.
- 50 Make your bed at the start of each day. You'll be surprised the difference it makes.
- 51 Set aside time each day to deal with tasks that you've been procrastinating on.

## **Start Saving Money**

- 52 Stop wasting money on things you don't need.
- 53 Create a budget so you can see exactly where your money is going each month.
- 54 Use cash instead of credit cards to limit your spending, especially if it's not in the budget.
- 55 Give yourself an allowance for entertainment expenses each week or month to not overspend.
- 56 Make a goal to save a certain amount of money each month or year.
- 57 Sell things you don't use or need anymore to make some extra cash.
- 58 Invest your money in a way that will help it grow over time.
- 59 Compare prices before you buy anything to ensure you're getting a fair deal.

## **Build Stronger Relationships and Social Skills**

- 60 Make an effort to socialize with people you don't know well.
- 61 Smile at people, even if you don't know them.
- 62 Talk to strangers sometimes; it can be a great way to get to know new people and make new friends.
- 63 Offer to help someone out if they look like they're struggling.
- 64 Take the time to listen to others and pay attention to what they're saying.
- 65 Try to be more understanding and less judgmental.
- 66 Spend time with people who make you feel good about yourself.
- 67 Let go of relationships that are toxic or draining.
- 68 Apologize if you've hurt someone's feelings or made a mistake.
- 69 Ask for what you want and need in your relationships without being demanding, entitled, or burdened.
- 70 Be conscious of what you say to other people so that they don't feel put down or demeaned by you.
- 71 Make time to spend with the people you love.
- 72 Try to plan at least one fun outing each month with your friends or family.
- 73 Introduce yourself to the people around you instead of waiting for them to come to you.

## **Take Care of Your Tech**

- 74 Back up your computer files regularly, so you don't lose important information if something happens to your device.
- 75 Delete programs and apps you don't use anymore to free up your phone or computer space.
- 76 Keep your operating system and software up-to-date to protect yourself from security threats.
- 77 Turn off notifications, so you don't get distracted by every buzz or ding that comes your way.
- 78 Find out how much data you're using on your cell phone plan and reduce it if necessary to avoid overages.
- 79 Unsubscribe from emails that are cluttering up your inbox that you never read, especially spam.
- 80 Be aware of online scams and phishing attempts, and protect yourself by being skeptical of what you see on the web.