



101 SELF- IMPROVEMENT TECHNIQUES TO HELP YOU THRIVE



- 1 Accept failures as part of your growth
- 2 Acknowledge the things that drain your energy
- 3 Acknowledge your feelings
- 4 Adopt new affirmations
- 5 Always be on the lookout for new opportunities
- 6 Always look for something new to learn
- 7 Always try to think outside the box
- 8 Always write down your ideas
- 9 Be open to change if you want to move forward
- 10 Brew a cup of your favorite tea
- 11 Celebrate achievements
- 12 Challenge limiting beliefs
- 13 Clarify priorities
- 14 Clean and organize something messy
- 15 Cook something new
- 16 Create a vision board
- 17 Cultivate positivity
- 18 Develop a consistent morning routine
- 19 Develop healthy eating habits
- 20 Discover your motivation
- 21 Do a deep breathing exercise
- 22 Do a gratitude list
- 23 Do not snooze your alarm
- 24 Donate things you don't need anymore
- 25 Don't look at your phone right when you wake up
- 26 Drink water more often
- 27 Drop a bad habit
- 28 Eat without looking at your phone
- 29 Every day read 10 pages of any book
- 30 Every day meditate for 15 minutes
- 31 Every day write down something good that happened
- 32 Explore and take risks
- 33 Fill in the gaps of your life with podcasts
- 34 Focus on what you can change
- 35 Get a mentor / coach
- 36 Get out of your comfort zone
- 37 Get up and dance, just because
- 38 Give yourself 1 compliment a day
- 39 Have a mini pamper session
- 40 Have more nights with friends and family
- 41 Identify your blind spots
- 42 Keep an emergency fund
- 43 Keep the past in the past
- 44 Learn a new language
- 45 Learn how to ask for help
- 46 Learn how to delegate
- 47 Learn how to manage your time
- 48 Learn how to say "NO"
- 49 Learn to deal with difficult people
- 50 Learn to take feedback and critique well
- 51 Let go of anger
- 52 Light an aromatic candle
- 53 Limit your screen time
- 54 List 3 ways you waste time and think how you can reduce it
- 55 Make a bucket list
- 56 Make and keep promises
- 57 Manage your finances properly
- 58 Master a new skill
- 59 Move your body for 30 minutes
- 60 Once a month take a mental health day
- 61 Once a week practice a favorite hobby
- 62 Organize your closet
- 63 Plant a tree
- 64 Play all your favorite songs and sing along!
- 65 Practice mindfulness
- 66 Prioritize sleep
- 67 Put your phone on DND for 2 hrs
- 68 Rearrange your furniture
- 69 Revamp your style
- 70 Reward yourself for a task well done
- 71 Set achievable goals
- 72 Set up good daily habits
- 73 Show appreciation
- 74 Shun negative thought
- 75 Shut down self-criticism
- 76 Smile first thing in the morning
- 77 Spend 10 minutes planning your day
- 78 Start a bullet journal or diary
- 79 Start a side hustle
- 80 Stay on top of your medical appointments
- 81 Stop caring about what people think
- 82 Stop comparing yourself
- 83 Stop negative self-talk
- 84 Stop waiting and start doing
- 85 Stretch a little several times a day
- 86 Support a charity
- 87 Take a walk
- 88 Take an evening and do something creative
- 89 Take less sugar
- 90 Track your steps
- 91 Travel more
- 92 Try to be present in every moment
- 93 Unfollow negative social media accounts
- 94 Use the 1-minute rule at every occasion
- 95 Use the stairs
- 96 Value your alone time
- 97 Volunteer more often
- 98 Watch a sunset and a sunrise
- 99 Write a list of people you are inspired by
- 100 Write a letter to your future self
- 101 Write down your 5-year dream plan and review it every year