

SELF IMPROVEMENT

PRACTICAL IDEAS

1. Reframe your Mindset
2. Develop Productive Routines
3. Be Grateful
4. Practice Self-Care
5. Exercise Patience
6. Learn from Others
7. Be Mindful
8. Speak Your Truth
9. Love Yourself
10. Exercise
11. Eat Better
12. Change Your Habits
13. Set Goals
14. Accept Failure
15. Learn a New Skill
16. Read
17. Meditate
18. Journal
19. Accept Change
20. Accept the Past
21. Be Generous
22. Find a Mentor
23. Surround with Positivity
24. Reflect
25. Remain Teachable
26. Eliminate Negative People
27. Foster Good Habits
28. Learn to Rest
29. Don't Stress Regularly
30. Take Risks
31. Evaluate Your Emotions
32. Simplify Your Finances
33. Minimize Your Life
34. Pay Off Debt
35. Slow Down
36. Get Organized
37. Unplug
38. Workout
39. Spend Time With Loved Ones
40. Clean Your Environment
41. Eliminate Addictive Triggers
42. Invest in Yourself
43. Meditate Daily
44. Make a Skin-Care Routine
45. Read Self Improvement Books

60 Second Switch