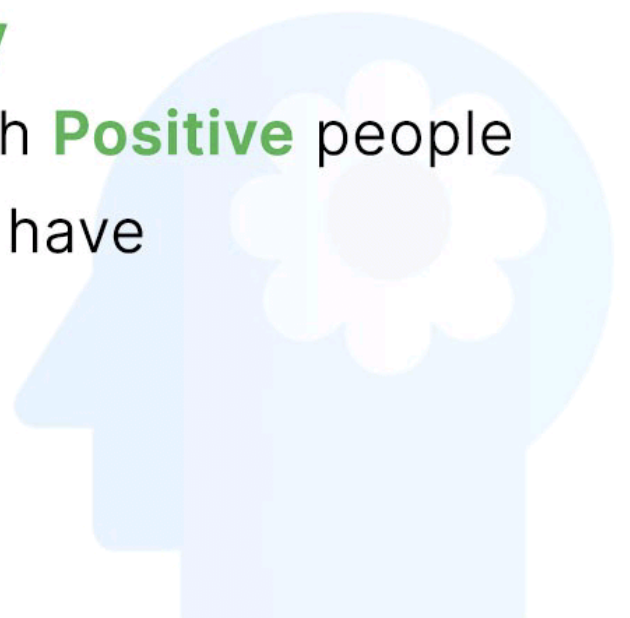


**100 psychology  
skills to master  
your life:**

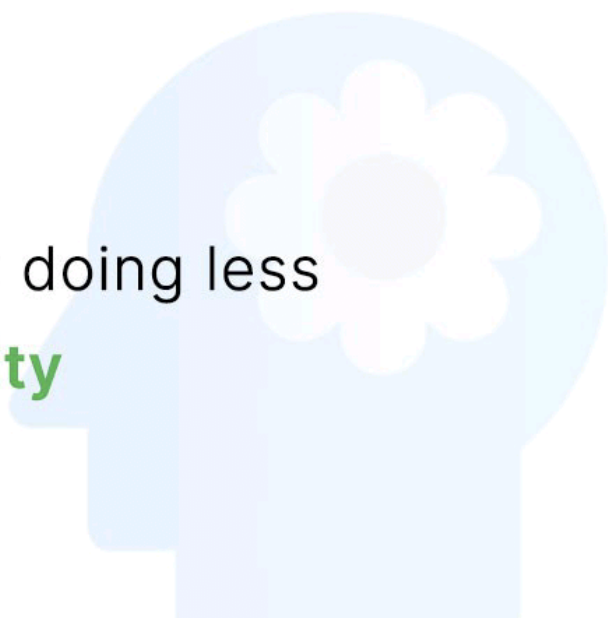


1. Build **Self-discipline**
2. Get rid of **Bad Habits**, one at a time
3. Stop **Worrying** about the future
4. Accept your **Mistakes**
5. Don't be afraid to **Fail**
6. Choose **Simplicity**
7. Learn to say **No**
8. Let go of the **Past**
9. Make **New Friends**
10. Get a **New Job**
11. Start your **Own Business**
12. Think more **Positively**
13. Surround yourself with **Positive** people
14. **Appreciate** what you have
15. Be more **Curious**
16. Build different **Skills**

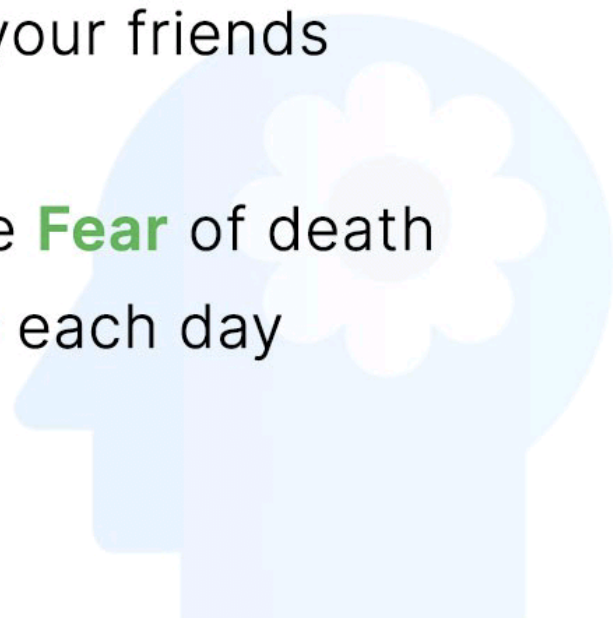




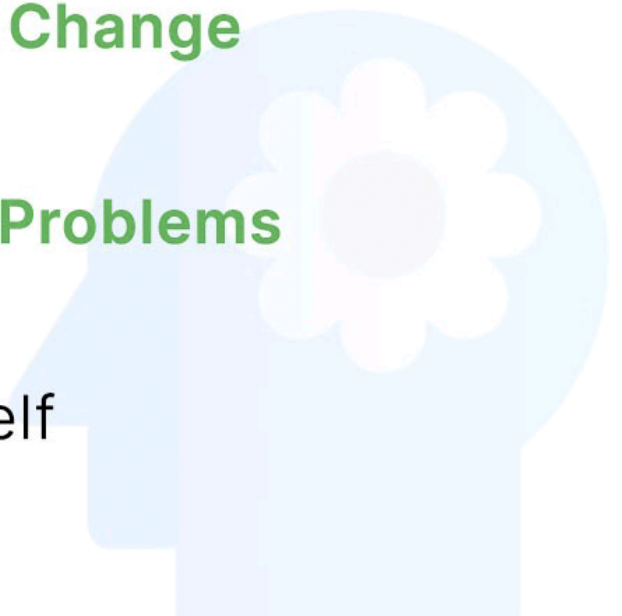
17. Be **Kind** to others
18. Create and keep a **Morning Phrase**
19. Stop making **Excuses**
20. Learn to take **Risks**
21. Stop **Blaming** others for your own faults
22. Learn a **New Language**
23. Go out in **Nature**
24. Find reasons to **Agree**
25. Be **Courageous**, try new stuff, face your fears
26. Train your **Focus**
27. Be better, not **Perfect**
28. Give more **Freely**
29. Pay yourself **First**
30. Be more **Productive** by doing less
31. Take more **Responsibility**



32. Wake up **Early**
33. Follow your **Passion**
34. Start a **Blog**
35. Ask yourself what you **Really Want** in life
36. Find **Reasons** to love your life
37. Start a new **Diet**
38. Meet your own **Decisions**
39. Stop wasting your **Power**
40. **Reject** what you don't want
41. Avoid **Fighting** (with idiots & anyone else)
42. Try something **New**
43. Accept the **Faults** of your friends
44. Learn to **Ignore**
45. Learn to overcome the **Fear** of death
46. Learn something **New** each day
47. Stop **Giving Up**



48. Don't try to **Please** everyone
49. Experiment **Gratitude**
50. Give up **Jealousy**
51. Stop **Gossiping**
52. Dissolve **Negative Opinions** about yourself
53. Listen to your **Critics**
54. Manage your **Time** as you manage your money
55. Don't take it **Personally**
56. **Exercise**
57. Stop **Complaining**
58. Read a **Book** per week
59. Ignore what you cannot **Change**
60. Play a **Game**
61. Stop solving the **Wrong Problems**
62. **Forgive**
63. **Fix** something by yourself



64. Break up with a **Person** you don't really like
65. Talk less, take more **Action**
66. Get a thing you wanted for a **Long Time**
67. Erase your **Routines**
68. Join a **New Group**
69. **Love**
70. Spend some time **Alone**
71. Break an old **Bad Habit**
72. Stop **Reacting** to stuff
73. Stop being **Judgmental**
74. Watch your **Beliefs**
75. Burn some old **Memories**
76. Trust your **Emotions**
77. Get a **Pet**
78. Treat your **Body** and **Mind** well
79. Stop **Faking** your life





80. Analyze and improve your **Weaknesses**
81. Stop watching **TV**
82. Live more **Consciously**
83. Go **Hiking**
84. **Challenge** yourself more often
85. **Meditate** daily
86. Do a random act of **Kindness**
87. Do the **Unexpected**
88. Don't **Argue**, win, or lose
89. Go **Social**
90. **Slow** your life down
91. Define your **Goals**
92. Stop **Comparing** yourself to others
93. **Help** others
94. Read inspiring **Biographies**
95. Stop **Lying**



- 96. **Seek** for the **Truth** and don't stop when it's **Uncomfortable**
  - 97. Have no **Regrets**
  - 98. Try to see the **Bigger Picture**
  - 99. **Live Today**
  - 100. Be **Yourself**
- 

Drop two ❤️ in comment if you needed to hear this!

