

t me to be present, to breathe deeply and to listen to my body. It was a transformative experience that went beyond the physical benefits. Incorporating daily exercise into my routine made me realize that taking my body directly impacted my mental health and overall happiness. It's not about being perfect or pushing yourself to extremes. finding a form of movement that you enjoy and making it a regular part of your So if you're like I was and struggling to get started, my advice is to small. Find something you enjoy, whether it's dancing, hiking, or even just... risk walk, commit to just a few minutes a day and gradually build up from there. me the benefits you'll experience will be well worth the effort it's a habit that power to change not just your body but your entire outlook on life. Habit 3. Journaling. Habit number three is journaling. Now, I used to think journaling... for people who had loads of free time or were naturally introspective, I was skeptical. I mean, who has time to sit down and write about their day when there's so much going on? But one week of consistent journaling completely shifted my perspective and became a cornerstone of my personal growth journey. I started simple. Every night before bed, I dedicated just 10 minutes to journaling. I bought a plain notebook and a pen that felt comfortable in my hand. No fancy apps, no pressure to make it look pretty, just me and... thoughts. The first night I stared at the blank page, unsure.