

101 WAYS TO BE A BETTER PERSON

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"We cannot become what we need to be, remaining what we are." — Max Depree

How does one become a better person?

Back when I was studying at university, I didn't like myself very much. I was rude, selfish, emotionally stingy, self-centered, judgmental, highly critical, obnoxious, and arrogant.

When I think back about it, a lot of that came from insecurity. I didn't like myself and this projected outward in my behavior toward others. I was dissatisfied with myself, and hence I was dissatisfied with things about other people.

Subsequently, I decided to work on becoming a better person. I started by listing the traits that I didn't like about myself, and tackled them one at a time.

It took a lot of inner work, but today I'm a lot happier with who I am. I can't say that I'm perfect or that I've achieved my ideal self because there's still so much to work on. I also think that becoming a better person is an ongoing goal, and there's never a real end point to reach.

In this massive post, I share 101 ways to be a better person. If you just follow a tip a day, you'll go a long way toward becoming a better, more likable person. Remember this isn't about making yourself liked by others — it's about becoming someone you truly love and adore, the highest person you can be.

Here goes:

1. **Commit yourself to growth (Be Growth-oriented).** The more you grow, the better you become. I committed myself to a lifetime of growth back in 2006 (when I [discovered my purpose](#)) and I've not looked back since.



2. **Work on your negative traits.** Are there any traits you dislike about yourself? Some traits that I didn't like about myself in the past include being self-centered, arrogant, selfish, critical, harsh, and hard. Identify them, and then work on them one by one. It can be challenging to overhaul your character at once. On the other hand, if you work on addressing one negative trait at a time, it's a lot more manageable and achievable.
3. **Identify your ideal self.** What's your ideal self like? Picture them in your mind, and then write down all your ideal traits. Then, start living true to your ideal self.
4. **Find a role model.** Having a role model inspires us and gives us an image of who we can be. People I'm inspired by include Oprah Winfrey, who has done so much in the area of self-help; Chadwick Boseman, who tirelessly spoke up for the black community even leading up to his death; and John Christopher, a master herbalist who healed people using natural remedies

and inspired and educated a new generation of herbalists. Who is/are your role model(s), and what do you like about them?

5. **Be a role model.** When we are role models to others, it pushes us to think carefully about our actions and sets us up to a higher standard. In being a role model, it's not about making yourself into someone you're not (see #57: Be Individualistic). It's about living true to your ideal self (see #3). How can you be an inspirational guide to others? Live by example.
6. **Be a better child to your parents.** You only have two parents in your life, so appreciate the time you have with them. If your relationship with your parents is non-ideal, it doesn't mean that everything ends here. I used to have a very poor relationship with my parents until I achieved a resolution in this area recently. Read: [How I Found Peace in My Relationship with My Parents](#)



7. **Be a better friend to your friends.** I used to be disappointed at how some of my friends weren't always there for me when I

needed them. Then I realized that I should think about how I can be a better friend to my friends first before having such expectations of others. Likewise, for you, think: How can you be a better friend to your friends? Read: [How to Have More Best Friends in Life](#)

8. **Be a better sibling, if you have siblings.** I have several friends who are the only child and they frequently talk about how they wish they had a brother or sister. If you're lucky enough to have a brother or sister, treasure them. Spend more time with them; show them care and concern. Look out for them if you need to.
9. **Be a better partner, if you're attached.** If you have a girlfriend/wife or boyfriend/husband, think about how you can be a better partner to her/him. When you're in a relationship, it's easy to make demands and have expectations about what your partner should do or be. It's more difficult to take ownership of what you aren't doing or being yourself. Commit yourself to be a better partner and release your expectations of your partner. Both of you will be happier that way.



10. **Be a better parent, if you have children.** Many parents have told me that having a child is one of the most amazing things that has ever happened to them. If you have a child or children, think about how you can be a better parent to them. Raising a child is challenging at every stage of the child's life, with new things to learn and new problems to conquer, but that's also part of the joy of being a parent.
11. **Be a better employee, if you work for someone.** Often I hear people complaining about how their companies aren't giving them enough benefits/wages/support/etc. While this may be true, think about how you can be a better employee. Check if there's anything more you can do for your manager. See if there are any new projects you can take on. See how you can improve your current performance.
12. **Be a better manager/leader, if you're managing others.** Many people leave their jobs because they're unhappy with their managers. How well you manage your employees can

dramatically affect their motivation level and performance. Put their needs before yours and bring the best out of them.

13. **Be a better member of your community.** What communities are you a part of? Say, interest groups? Recreational clubs? How can you be a more active member of these communities?
14. **Be a better human to others.** How can you treat the fellow humans around you better? Start treating them this way.
15. **Be a better being in this world.** How can you make the world a better place? Start doing that today.
16. **Be Able.** Your skills are like tools in your toolbox — when you equip yourself with more skills, you literally become more able to add value and contribute to others and society.
 - **Learn something new.** No matter how much you know, there are always new things to learn. The more you learn, the better you become. Read: [Skills Development](#)
 - **Hone your current skills.** Strengthen your current skills. You can never be too good at something — there's always room to improve. Even the best people in their fields, such as Tiger Woods (Golf), Michael Jordan (Basketball), and Beethoven (Pianist) never stopped honing their craft. Read: [Level Up](#)



17. **Be Accepting** of differences — be it of people, mindsets, lifestyles, or cultures. For they add variety and color to our lives. If everyone is the same, life will be bland — monotonous, even.
18. **Be Flexible.** Have expectations and ideals, but be flexible about them when needed. Not everyone can perform to high expectations and not every situation can happen perfectly. Learn when to be rigid on your ideals and when to be flexible.
19. **Be Adventurous.**
 - **Step out of your comfort zone.** Are you sticking to the same routines and hiding behind a safety net? Step out and do something you've never done before. It'll broaden your mind and make you a better person. Read: [How To Get Out of Your Comfort Zone](#)
 - **Travel.** Traveling broadens perspectives and enriches our minds. Between 2011 and 2017, I spent almost 50% of my time traveling and exploring different continents and

countries. This helped me gain many insights into different cultures and enriched my perspective of the world.

20. **Be Altruistic.**

- **Always have the best intentions for others.** Go for the highest good in everything you do, every decision you make, and every thought you have.
- **Volunteer (for a cause you believe in).** Not everything has to be measured in money. At PE, I spend hours every day writing the best content and giving it away for free, without asking anything back in return from the readers. With volunteer work, you may be giving your labor for free, but this is time spent that is filled with meaning. Don't underestimate the difference you can make in others' lives with just a few hours of work.
- **Save the environment.** Our world is being wasted away, day after day, and modern society is inflicting huge amounts of damage on it with pollution, plastic waste, and more. What can you do to protect our home?

21. **Be Assertive.** Stand up for your rights and the things you believe in.

22. **Be Attentive.** When someone is talking, give them your full attention. Don't busy yourself with something else; that's just rude.

23. **Be Bold.** Life is an adventure. Don't live it in fear. Pursue your dreams. Act on your instincts. Create the life you've always wanted. Read: [How To Overcome Fear and Pursue Your Dreams](#)

24. **Be Candid.** Be frank, outspoken, and earnest. Say what's on your mind. Don't feel the need to censor your words because you're afraid of what others think. Be true to yourself. (But not at

the expense of others' feelings, of course. See #39: Be Empathetic.)

25. **Be Caring.**

- **Show concern.** There's no need to wait for a cry for help before showing care and concern. You can do it right away, right now, to those around you. Even if there's nothing wrong, it'll warm the hearts of others to know that you care.
- **Call your friends.** Are there any friends you've not contacted for a while? Call them today and check how they're doing. They may not show it, but they'll be happy that you called — because it shows that you care.

26. **Be Coachable.** There's always something we can learn from everyone, no matter their age, background, or area of expertise. Don't close off on opportunities to learn just because you think you know enough. Open your mind and let every encounter be a learning lesson. The moment you close yourself off is the point where you stop learning.

- **Find a mentor.** A mentor guides you to become greater than you can be by yourself. Get a mentor if (a) the person has something to teach you and (b) your personalities gel with each other. Back when I was working at P&G, I had informal mentors who often stepped in to make sure I was doing well. At the same time, they had mentors who guided them. No matter how senior or experienced you may be, there is always someone with something to teach you.



27. **Be Committed...** to your goals and dreams. If you've set a goal, go all out and achieve it. If you've laid down a plan, stick to it all the way. Don't waver, for that's not in you to do so.
28. **Be Compassionate / Kind.** Always look out for opportunities where you can help others. Don't get wrapped up in your stuff — instead, look outward and see if there's anything you can do for others. Even the simplest things, like helping someone carry their belongings, are very much appreciated by others.
29. **Be Confident...** in who you are and what you do. There's no reason not to be. Read: [How To Be The Most Confident Person in the World](#)
30. **Be Conscientious / Meticulous.** Are you attentive to everything you do? Such a quality is rare but so precious. Conscientious people put their heart and soul into what they do; consequently, they do a complete job in whatever they do. You'll naturally be a valuable asset to whichever organization or team you're a part of.

31. **Be Considerate / Thoughtful.** Make a habit to consider others in your decisions and actions for they affect other people. Make sure no one is negatively affected before you proceed with your plans.
- **Practice the Golden Rule.** It's the ethic of reciprocity which states "One should treat others as one would like others to treat oneself." How do you want others to treat you? Shower others with this behavior and you'll attract more of the same.
 - **Practice the Silver Rule.** Related to the Golden Rule, it states "Do not do unto others what you would not have them do unto you." It's to make up for the shortcomings of the Golden Rule. How do you *not* want others to treat you? Make sure you don't do this to others.
32. **Be Cooperative.** Don't be insular and seclusive. Be willing to work with others if they need your help. We don't exist in this world alone; life is possible because we have each other.
33. **Be Courteous.** Practice good etiquette. Always remember your hi's, bye's, thank-you's, and welcome's.
34. **Be Courageous / Overcome Fear.** Is there anything you're scared of? Don't be. Fear is mental — It's only what you perceive it to be. If you challenge the things you're afraid of, you'll realize there's nothing to fear, because there is nothing to lose. We entered this world with nothing but our consciousness; we'll leave the world with the same consciousness. Read: [How To Overcome Fear and Pursue Your Dreams](#)



35. Be Curious.

- **Have an insatiable thirst for knowledge.** So you'll always be learning new things.
- **Ask questions — often.** The more questions you ask, the more information you can uncover.
- **Get feedback from others.** Feedback is one of the fastest ways to identify our areas of improvement since others can see our blind spots. Day 17 of Be a Better Me in 30 Days Program is about asking for feedback from others around us so we can improve.

36. Be Dependable. Be there for others when they need you.

Always check if there's anything you can do for your friends. If they call you, make time out for them. If they email you, take the time to respond. You never know when it's someone in pain and reaching out for help. Read: How to Have More Best Friends in Life

37. **Be Discerning.** Don't blindly accept everything you hear or read; always evaluate what you're given with a discerning mind. This doesn't mean that you become skeptical, but that you exercise your judgment appropriately.
38. **Be Emotionally Generous.** Emotional stinginess means to be stingy with your emotions, while emotional generosity is to be generous. So, an emotionally stingy person is typically negative, unhappy, critical, judging, and imposing; while an emotionally generous person is positive, happy, encouraging, and supportive. Be as giving with your emotions as possible. Encourage others. Be positive. Share happiness. Read: [Are You Emotionally Generous?](#)



- **Compliment others (with genuine intent).** Part of emotional generosity is to be generous with compliments (that are genuine and not fake). Get into the habit of giving compliments. When you meet someone and if you recognize

something nice about them, let them know. You'll make their day.

39. **Be Empathetic.** Empathy is the key to successful relationships. Learn to see things from others' perspectives. It'll let you understand people better, resolve conflicts, and develop meaningful connections.
40. **Be Encouraging.** No one likes a wet blanket. Be encouraging when your friends share their problems with you. Be supportive when they tell you about their goals.
41. **Be Enthusiastic.** Life is too beautiful to live with dread and boredom. Embrace every day with joy and love. Start every day on a fresh new start! Approach every situation with excitement! And bring this energy to everything you do and everyone you meet. :)
42. **Aim for Excellence.**
 - **Take on more than you can handle.** If you're managing your responsibilities fine at the moment, challenge yourself by taking on more. It's when you push your limits that you grow the most. Push your boundaries. Stretch yourself. This will increase your capacity as a person.
 - **Expect nothing less than the best.** Hold yourself to the highest standard in whatever you do. Always aim for the highest goals, the best results, and the grandest vision.
 - **Live your life to the fullest.** Because why should you settle for a life that's anything less? Read: [101 Ways To Live Your Life To The Fullest](#)



43. **Be Fair.**

- **Don't bad mouth other people.** Don't speak ill of people behind their backs, because it's unfair to them and doesn't give them a chance to defend themselves. Let the person know if you don't like something he/she did, otherwise let it go.
- **Don't discriminate.** Give equal treatment to everyone, regardless of race, language, religion, nationality, gender, age, social status, and financial status.
- **Don't judge.** Don't make conclusions about others' character or their life based on 1-2 things you see about them. Always give others the benefit of the doubt.
- **Uphold justice.** If you see unfairness being exacted, right the wrong. This includes intervening when someone is being bullied and standing up for someone when he/she is being unfairly judged.

44. **Have Faith.** Don't put too much pressure on an event or a person to give you the results you seek. Do your best within your capacity and have faith that everything will fall into place.
45. **Be Filial.** Our parents dedicated half of their lives to having us and raising us. Now that we're grown up, it's our turn to repay them for the life they have given us. If your relationship with your parents is not the ideal state you envision, be sure to read [How to Improve Your Relationship With Your Parents](#) (series)
46. **Be a Follower.** Aristotle said it best with this quote: "He who cannot be a good follower cannot be a good leader." Are you a good follower? Are you able to take directions from others? Are you willing to take directions from others? Before you think about becoming a leader (see #60), you've to learn to be a good follower first.
47. **Be Forgiving.**
- **Let go of your anger.** Is there anything or anyone you're angry with? Perhaps it's time to forgive and let things go. Read: [How To Overcome Anger](#) (series)
 - **Bury the hatchet with someone.** Beyond embracing forgiveness within you, reach out to the person you had grievances with in the past. This is not going to be easy, but it'll bring you a huge step forward in your growth. When I was younger, I had some conflicts with schoolmates due to misunderstandings. After I started PE, I decided I had to live by example if I was to pursue [my purpose](#) to help others how to achieve their highest potential. So I reconnected with old schoolmates whom I had conflicts with. It was much easier than I thought — most of them reciprocated in kind, and after that we stayed connected as friends. Read: [Be a Better Me in 30 Days Program](#), Day 24: Right a Past Wrong

48. **Be Friendly / Approachable.** We are all humans, here to connect. If you see someone you don't know, take the first step to know them. With people you know, be accessible so they can approach you whenever they need help. Read: [10 Tips To Make New Friends](#)



49. **Be Generous.** Find joy in giving. Life is not a zero-sum game. By giving, you get to gain even more. By giving, you open the channel to receive new things in life. When people experience the beauty of giving, they'd want to give back too, so what goes around, comes around.
- **Share the good things in your life.** What are you happy about? What do you have that others don't have? What are you proud of? Don't keep them to yourself — Share them with others. Happiness isn't a zero-sum equation.
 - **Donate.** Get in the habit of donating things you don't need anymore. For example, old clothes, textbooks, books, toys, and the like. All my unwanted clothes are always donated to

others. Sometimes I take the nice, unworn pieces and give them to my friends who can better appreciate them.

50. **Be Gentle.** Our society has brought out a very "hard" side in all of us — one where we're abrasive, hard, and demanding. Bring out the gentle side in you for a change. It'll make you a warmer person to be around.



51. **Be Grateful.** For the good things you have, because not everyone gets to have them. For the bad things you have too, because they strengthen your character and make you appreciate everything so much more. Day 14 of [Live a Better Life in 30 Days Program](#), my premium life transformation program, is about gratitude.
- **Write a thank you note to a friend.** I think a lot of times, we take our friends for granted. We forget about what they've done for us and are doing for us, as well as the value of our connection. Write a thank you letter/note/email to a friend and

let them know how much you appreciate them. They will be very happy to receive your letter.

52. **Be Hardworking / Diligent.** Without hard work, we can't get far in life. I've seen people who like to take the easy way out and this is not what I promote at PE. There are [no "quick tips" or "hacks"](#) that will give you instantaneous results — in the end, it's about showing up and doing the work.
53. **Be Helpful.** Offer your help even if people don't ask for it. There's always something you can do for others.
54. **Be Honest.** To lie is to shrink into a lesser self; To tell the truth means to take a step up in your growth. (Unless there's a higher value at stake, such as protecting someone's well-being.) One of my values is truth: to discover the truth through personal experience and by constantly challenging what's around me, and to be truthful in everything I do and say. I don't achieve this 100% of the time, but I do my best to uphold it every moment of the day. Read: [How To Deal With Dishonest People](#)
55. **Be Humble.** Arrogant people suffer from an inferiority complex, which is why they feel the need to parade their accomplishments. Learn to be humble. There's no need to repeatedly talk about what you've achieved just to assert your ability — when your work is good, the results will speak for themselves. (The exception is in professional contexts like on your resume or in interviews, where you are supposed to showcase your accomplishments.) Read: [How To Keep Yourself Humble While Recognizing Your Worth](#)
56. **Be Independent.** Learn to manage your life. Learn to tackle your problems by yourself, without imposing on others. Feel free to approach others if you need help, but you should never expect them to solve your problems for you.

57. **Be Individualistic.** Always be you. Don't try to be anyone else.
Read: [Finding Your Inner Self](#)
58. **Have Integrity.** Set your moral and ethical principles and stick to them. Never compromise on them no matter what.
59. **Be Intuitive.** Follow your gut instinct. Let your intuition guide you. You'll never go wrong with it. The more you follow your gut, the stronger your connection with your intuition will be.
60. **Be a Leader.** A leader is someone who brings the best out of others, who inspires others to be bigger than who they are, who energizes people into action, and who leads the way with a common vision. Contrary to what many think, leadership doesn't begin when you lead a group of people. It begins in our everyday life, from how we conduct ourselves and live our lives. Are you a leader of your life? Read: [You Are The CEO of Your Life](#)
61. **Be a Listener.** The ability to listen is quite underrated in our society today. Many people are good at talking, but not listening. For today, make a point to listen to what others around you are saying. Ask questions. Clarify their answers. You may discover new things you didn't know before.



62. **Embrace Love.** Be a beacon of love. Start by loving everyone around you. Show love to your friends, family, partner, colleagues, bosses, clients, teachers, etc. — whether explicitly or implicitly.
- **Love unconditionally.** The highest form of love is unconditional love, where you love others without expecting anything in return.
63. **Be Loyal / Faithful.** To the people you care for, to the values you stand for, and to the things you believe in.
64. **Be Kind.** Don't criticize. It's easy to pinpoint faults in others, but really, it's not in our place to do so. Not only that, it doesn't make others feel good about themselves.
65. **Be Magnanimous.** For everything that people do you wrong, be ready to forgive and forget.
- **Accept criticism.** If someone offers criticism, be ready to consider it. Considering it isn't the same as agreeing. You don't have to agree with the criticism, but at least consider it.

Every criticism is an opportunity to improve, to become better.

Read: [9 Reasons Why Criticism Is Good](#)

- **Ignore malicious attacks.** If someone flames you, take the higher route — ignore the person. You can defend yourself in areas where your values are infringed, but overall, keep a hands-off approach. It's not worth it to engage in such discussions, because the flamer will only keep attacking with no desire to reach a resolution. Read: [Empty Vessels Make the Most Noise](#)

66. **Be Meditative.** Those who meditate will know that meditation cultivates inner peace within you. It makes you calmer and connects you with your inner self. Read: [How To Meditate in 5 Simple Steps](#)



67. **Be Merciful.** Instead of punishment, think forgiveness. Forceful actions like pain, suffering, and death don't bring closure to issues.

68. **Be Moral.** Do what's right over what's wrong. The question of "what's right" can be subjective depending on your upbringing, but universal values include equality of humans, gender equality, freedom of speech, and freedom of choice. Think about how you can follow a lifestyle that inflicts less pain on other living beings.
69. **Be Mindful / Present.** Don't live in the past or future, but focus on the present moment. For this is where you're living now. [Meditating](#) helps you to be present (see #66).
70. **Be Nurturing.** There's always ability in everyone. How can you nurture it and bring it out of each person?



- **Recognize the strengths in others.** Our society today has eased into a state where we keep looking at what we *lack* or don't have, as opposed to what we *already have*. The former is a scarcity mindset, while the latter is one of abundance. Rather than think about what's missing in someone (be it a character trait, knowledge, ability, or something else), focus

on their *strengths*. What do they have? What are they good at? What do you like about them? Focus on these vs. what you don't like.

71. **Be Open-Minded.** Be ready to accept different beliefs, attitudes, personalities, cultures, practices, rituals, lifestyles, habits, races, nationalities, diets, etc, for everyone is different. No one thing is right; it's just a matter of what works best for the individual.
72. **Be Optimistic / Positive.** For life is too short to be negative.
 - **Don't complain.** Complaining generates all this negative energy that makes you no different than an energy vampire. While it's okay to vent occasionally, be conscious of the times when you do that. Cut down on the time you spend complaining and think about what you can do about the situation instead.
 - **Smile.** How often do you smile a day? Smiling is something we don't do enough. Whether you're out on the streets or at work, it's more common to see people with stoic expressions and hard frowns than smiles. The next time you see someone, even a stranger, smile at them. You'll be surprised how many people will return the smile. Even if they don't, trust that they have been warmed by your smile.
 - **Laugh.** As they say, laughter is the best medicine. Learn to laugh at the jokes people make, at the obstacles you're facing, at the mistakes you're making, and at the mystery that is life.
73. **Be Organized.** The state of your life now reflects how organized you are. If everything is constantly in a mess, it suggests you're probably disorganized in how you manage yourself. When you are organized, you create structure, stability, and predictability

— which frees up your resources to pursue new goals. [Creating a life handbook](#) will help to organize your life.



74. **Be Patient.** Do you get irritated when something/someone is [late](#)? Time is fluid; it's a [construct](#) created to help us organize our schedules. Learn to be present and live in the moment instead. Impatience breeds anxiety; Patience brings calmness. Read: [How To Be Patient: The Only Guide I'll Ever Write on Becoming Patient](#)
75. **Be Peaceful.** Where you have a choice, go for peace over violence. The latter solves nothing but creates more pain. The former is the start of a healing journey.
76. **Be Persistent.** No matter what you do, never give up. You will achieve whatever you set out to do, as long as you have the will to do it. My story of how I [pursued my passion](#) and turned it into a successful business is an example of that. The only time when giving up is the way to go is when your priorities change and you

realize the goal you were pursuing isn't what you want anymore.

Read: [Quitting to Win](#)

77. **Be Prudent.** Be bold and daring, but at the same time exercise caution. A touch of practicality never hurt anyone; it helps you to be more ready for what's ahead.

78. **Be Purposeful.** Pursue a cause that's higher and larger than you. When you do that, you'll naturally grow into someone bigger than who you are today. Pursuing my purpose to help others grow has made me embark on journeys and make decisions that I wouldn't have pursued if I was just living my life for myself.

Read: [Discover Your Life Purpose in 30 Minutes](#)

79. **Be Reasonable.** Know your rights, but don't overstep your boundaries. Act within good reason — You'll be the best judge of that.

80. **Be Repentant.** Has there been anything you did that you're not too proud of? Repent and process it; don't leave it inside your system, because it's like rotting flesh — it'll create an invisible stench and affect you subconsciously in your daily actions.

Read: [Be a Better Me in 30 Days Program](#), Day 24: Right a Past Wrong

81. **Be Resilient / Be Strong.** Are you facing any obstacles that are making you waver in your goals? You *have* the strength inside you to do whatever you want — you just have to draw from it.

Read: [How To Start When You Have Nothing](#)



82. **Be Respectful.** Treat everyone with the utmost respect, because every living being deserves that.

83. **Take Responsibility.**

- **Live up to your responsibilities.** What responsibilities do you have? Are you living up to all your responsibilities? Shrinking away from your tasks is an act of avoidance. Stepping up to them makes you a better person.
- **Don't self-victimize.** It's easy to say, "Why me?" when bad things happen. But it does nothing to build your character — in fact, it makes you weaker over time because you're not taking ownership of your problems. Believe it or not, everyone faces these problems too — it's not exclusive to you. Rather than wallow in self-pity, accept your problems as part and parcel of life and address them. The more responsible you are, the more control you have over your life. Read: [You Always Have A Choice](#)

84. **Be Self-Loving.**

- **Be kind to yourself.** Do you often beat yourself up? Stop doing that. You, above all else, deserve kindness and respect from yourself.
- **Love yourself.** On a scale of 1-10, how much do you love yourself? The longest relationship you'll ever be in is the one with yourself. When you improve your relationship with yourself, you'll learn to be a better friend, partner, parent, and person. Read: [What Can I Do If I Want To Change Someone?](#)

85. **Be Self-Reflective.** I make a habit to reflect on everything that happens to me, because that's when I can draw lessons on how I can do better in the future. Self-reflection can be done in a private journal or through conversations with others. Asking yourself the right questions is paramount in the self-reflection process. Read: [101 Important Questions To Ask Yourself](#)



86. **Be Sensitive** to others' needs and feelings. Always check to make sure you're not neglecting anyone.
- **Don't Impose.** Imposing means forcing your opinion on others. It's okay to offer your opinion, but if others are not taking it, then there's no need to repeat it. Keep it to yourself.
 - **Don't give unwanted advice.** One of the biggest problems people face in relationships is when the other party tries to dispense advice that's not needed. Many times, people converse as a way of sharing. Check if the other party is looking for advice first before you try to offer your 2 cents. It may help prevent unnecessary conflicts.
87. **Dedicate yourself to Service.** It's said that service to others is the highest thing one can ever do in life. Think about how you can contribute to others and this world. And dedicate yourself to it.
88. **Be Sharp.** Develop your observation skills. Sharp people are always the first to catch on to something, and because of that they're ahead of everyone else.
89. **Be Sincere / Genuine.** Speak from the heart, always. Don't say something unless you mean it. One of my core values is authenticity — I only say things that I mean, and never say things if I don't believe in them.
90. **Be Spontaneous.** Be uninhibited! Allow yourself to act freely, without restrictions. Not everything has to adhere to a plan all the time. Allow yourself to just go with the flow. :D



91. **Be Sympathetic.** If others are sharing their problems with you, be sympathetic. Don't jab in with insensitive remarks. Don't dismiss their feelings and thoughts. Get yourself into the same state as them and express your sympathy, so they know they're not alone in the situation.
92. **Be Tactful.** There's no need to be rude or abrasive. Be polite to your fellow humans — everyone has feelings, even if sometimes it may not seem that way.
93. **Be a Teacher.** You don't have to be a teacher by title. The very act of sharing knowledge with someone is teaching in itself. By teaching others, we become better. What are things that you're good at? Share the knowledge with other people. Start by doing it informally, and soon formally teaching others will be second nature to you.



94. **Be Trusting.** Always give others the benefit of the doubt. No matter what you think, the baseline intention of people is usually good. No one deliberately does something to harm others. When they do, it usually comes from a place of lack, not out of sheer malicious intent. At the same time, don't let others take advantage of you. Read: [How To Be a Good Friend Without Others Taking Advantage of You](#)
95. **Be Trustworthy.** Always honor your commitments and uphold your promises. If you make an agreement with someone, be sure to stick to it.
96. **Be Unattached.** For all things are transient in life. This doesn't mean you become jaded and an emotionless being. What this means is you relish in every moment of your life, every situation you're in, every person you're with, as it is, without clinging on to it when it has passed. For we live in the present, not the past or future.

97. **Be Understanding.** Learn to comprehend things from others' perspectives. You need a common understanding to build relationships.
98. **Be Vigilant.** While the world is a safe place by and large, keep a watch out for possible dangers, especially when you're in a foreign place. Keep a look out for suspicious people. Stay clear of potentially dangerous spots. It's better to be safe than sorry.
99. **Be Visionary.** Set the highest goals and the biggest dreams you can imagine. Then set off and bring your vision to life. Create your vision board too. In [30DLBL](#), you get to create your vision board. I've also created a video on [Creating Your Vision Board](#).



The vision board of one of our past [30DLBL](#) participants, Theresa

100. **Be Vulnerable.** Through PE, I've learned that sharing our vulnerabilities is what gives us the greatest strength as humans. In the past few years, I've opened up about some of my deepest

vulnerabilities, including [my relationship with my parents](#), [my past heartbreak](#), [my disappointments](#), and [my emotional eating issues](#).

101. **Be Wise.** [Being wise means](#) "having the power of discerning and judging properly as to what is true or right; possessing discernment, judgment, or discretion." Practice good judgment by exposing yourself to different contexts; considering different perspectives; gathering as much information as you can; weighing out different possibilities. The more experience you gain, the more you learn, and the wiser you'll become.

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Be a Better Me in 30 Days Program

If you are into character development, then you can't miss the Be a Better Me in 30 Days Program.

[Be a Better Me in 30 Days Program](#) (30BBM) is an intensive character transformation program to help you be a better you in just 30 days.

30BBM is packed with 30 high-impact tasks to be done one per day, from unrooting your undesired traits, embodying your ideal traits, upholding virtues, switching limiting thoughts, exploring your annoyances, working on forgiveness, and many more. You will be doing some deep inner work in the 30 days ahead — which will transform you into a better, more conscious, and more aligned person, both to yourself and others.

Read more: [Be a Better Me in 30 Days Program](#)

(Images: Man climbing mountain, Hands holding plant, Family running, Partner, Level up, Mentor, Courage, Hug, Man on mountain, Boy and girl, Woman in white, Listener, Meditation, Mother, Handbook, Resilience, Journaling, Teacher, Men jumping)

ABOUT

Hi, I'm Celes and I'm the founder of PersonalExcellence.co, one of the top personal development blogs in the world with readers from over 200 countries.

The central goal of my work is to help you achieve your highest potential and live your best life. If you like this ebook, then check out my other free material at PersonalExcellence.co. Some reader favourites are



- [101 Ways To Live Your Best Life](#)
- [101 Ways To Be a Better Person](#)
- [8 Tips To Deal With Critical People](#)
- [How To Say No To Others](#)
- [How To Discover Your Life Purpose](#) (series)
- [How To Improve Relationship with Your Parents](#) (series)
- [How To Find Your Soulmate](#) (series)
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