13 Tiny Habits That Will Transform Your Life in 6 Months:

1. MAKE YOUR BED

BUILD MOMENTUM + SET THE TONE FOR THE DAY. YOUR FUTURE SELF WILL THANK YOU.

2. TAKE AN 'INTERNAL SHOWER'

DRINK A FULL GLASS OF WATER RIGHT AWAY, 60% OF YOUR BODY IS WATER. REPLENISH IT.

3. JUMP ROPE FOR 2 MINS

THIS WILL ACTIVATE YOUR **MIND + BODY.**

4. STEP OUTSIDE

JUMP ROPE OUTDOORS? GET 2-FOR-1. A HEALTHY TIDE OF CORTISOL IS RELEASED WHEN YOU STEP OUTSIDE AT DAYBREAK, ALLOWING YOU TO BECOME MORE **ALERT.**

YOU'LL RESET YOUR **CIRCADIAN RHYTHM.**

7. WATER A PLANT

LEARN TO TAKE CARE OF SOMETHING OTHER THAN YOURSELF. PETS ARE GREAT; PLANTS ARE SMALLER-SCALE. ALL GREAT LEGACIES START **SMALL**.

8. TAKE A 1-2 MIN COLD SHOWER

TAKE A REGULAR SHOWER, TURN THE WATER COLD FOR THE LAST 1-2 MINS. YOU'LL FEEL **ON**.

9. SEND A GOOD MORNING TEXT

GM TEXTS>>>

MAKE SOMEONE'S DAY.

10. HIDE YOUR PHONE

THE BEST PRODUCTIVITY APP ON YOUR PHONE IS CALLED **AIRPLANE MODE** (USE IT).

11. SCORE YOUR DAY (LIKE A MOVIE) WITH MUSIC

MUSIC IS A POWERFUL **MOOD ENHANCER**. ALMOST EVERYTHING IS MORE ENJOYABLE WITH MUSIC, RIGHT? SO ENJOY IT.

MY GO-TO: HANS ZIMMER.

12. DRINK WATER BEFORE MEALS

UNCOMFORTABLE FACT: MORE PEOPLE DIE IN THE U.S. FROM OVERFEEDING THAN UNDERFEEDING.

DRINK A GLASS OF WATER BEFORE YOUR MEALS. YOU'LL FEEL **FULLER** (AND PREVENT OVEREATING).

13. YOUR WORKOUT SHOULD BE A PRIORITY.

ADD YOUR WORKOUT TO YOUR DAILY TO-DO LIST. IT SHOULD BE JUST AS IMPORTANT AS EATING MEALS, GOING TO WORK OR DRINKING WATER.

SOME OF THE BEST TIMES TO SCHEDULE YOUR WORKOUT INTO YOUR DAY ARE TO USE **BLOCKS** OF QUIET HOURS WITH **NO DISTRACTIONS.**