### **improv-i**

#### **Tsedenia Skitch**

Categories & Programmes

Reduce anxiety

Break your bad habits.

Look at the glass half full

Improve happiness

Daily Tasks

Pay 5 people a compliment today.

Write down 3 things about your life right now that you are grateful for.

Do 5 minutes of excersize.

Let someone in your life know that you are grateful for them.

Write down 3 things you love about your body.

Take 5 minutes to sit with your thoughts, try to focus on your breathing.

Stand in a ‘power pose’ for 5 minutes this morning.

Hold yourself accountable for any negative habits you engage with today ( i.e if youre trying to stop smoking and you have a cigarette, hold yourself accountable for it. consciously make yourself aware that you made the decision to smoke, do not blame another person)

Highlight three short term (within a year) goals you would like to acheive. Write them down

Clean your teeth 3 times a day instead of 2

Eat 3 fresh -cooked meals today

Stretch for 15 minutes this morning

Dont slouch today, any time you notice yourself slouching, straighten up

Smile at 10 people today

Do not swear today

Set yourself three goals for the day. Achieve them all.

Do a nice deed for a stranger

Take the stairs instead of the lift/escalator

Take a 15 minute walk

Drink only water today

Do that thing you have been putting off. Now.

Spring clean your bedroom

No screens (phone/ tv) 30 minutes before bed

Make a packed lunch today

Take time to call a family member

Note 3 things that went well today

Eat a piece of fruit

No social media today

Traits

Confidence

Willpower

Self-motivation

Positivity

Self-discipline

Efficiency

Creativity

Mindfulness

Productivity

Calm (being calm/managing stress well)

Decisive (as opposed to being a procrastinator and never making any commitments to any decisions)