improvi

#### Tsedenia Skitch

\*\*This will eventually all need to be put into a spreadsheet\*\*

**Programmes**

* *improvi anxiety*
  + ***Daily Tasks***
    - “Doing good deeds for people can be as equally rewarding for you. Pay someone a compliment today and who knows what it could lead onto!”
    - “Eye contact is key for good communication but a lot of us have difficulties. Catch eyes with 3 strangers and get them to smile back at you” (This one is a good example of how I’d like to make the DT)
* *improvi happiness* 
  + ***Daily Tasks***
    - “Eye contact is key for good communication but a lot of us have difficulties. Catch eyes with 3 strangers and get them to smile back at you” (This one is a good example of how I’d like to make the DT)
    - “Write down 20 things in your life that you are grateful for. You may have to start digging deeper for last few, this helps to remind us about the smaller things in life that we should be grateful for.”
    - “Your appearance can affect your confidence right? And vice versa? Improve your confidence mentally by noting down 5 things that you love about your body”
* *improvi productivity*
  + ***Daily Tasks***
    - Aim high, get high…wait what!? Seriously though, set yourself 3 extreme goals and do your best to achieve them today. This should get you to see the positive side to failure.

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\*\*Do 5 minutes of exercise. \*\* More specific exercises.

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

Hold yourself accountable for any negative habits you engage with today (e.g. have second thoughts about smoking a cigarette)

Clean your teeth 3 times a day instead of 2

Stretch for 15 minutes this morning

Good posture = improved appearance so don’t slouch today, any time you notice yourself slouching, straighten up

Take the stairs instead of any lifts/escalators

Take a 15-minute walk \*\*Be more creative than this fam for example AND capture photos with nothing man-made in them.

Stick to drinking only water today

Drink 3L of water. Some people do this on a daily basis as it can improve your skin, hair, mentality etc. but you only have to do it today.

Do that thing you have been putting off. Now.

Rearrange a room in your house

Go to bed without looking at your phone etc.

Right now, your brain is convinced it’s 100% reliant on your social media. Prove to yourself it’s not by deleting all your social media apps on your phone. (You can add them back tomorrow!)

Note 3 things that went well today

Make a fruit salad

***Traits***

Confidence

Willpower

Self-motivation

Positivity

Self-discipline

Efficiency

Creativity

Mindfulness

Productivity

Resourcefulness

Decisiveness