



**21 tiny habits to
improve your life
effortlessly in
6 months:**



- 1.** Write down 3 things you are grateful for - Start with one if need be.
- 2.** Say "No" once a week - If you say "Yes" to everything, you'll never have time for yourself.
- 3.** Exercise for a minute when you wake up. Do 30 pushups or plank. This will get your blood flowing.



4. Invest in experiences - Instead of buying materialistic things, use that money to buy a new experience. It will fill your heart.

5. Organize your home.
A clear home = A clear mind.

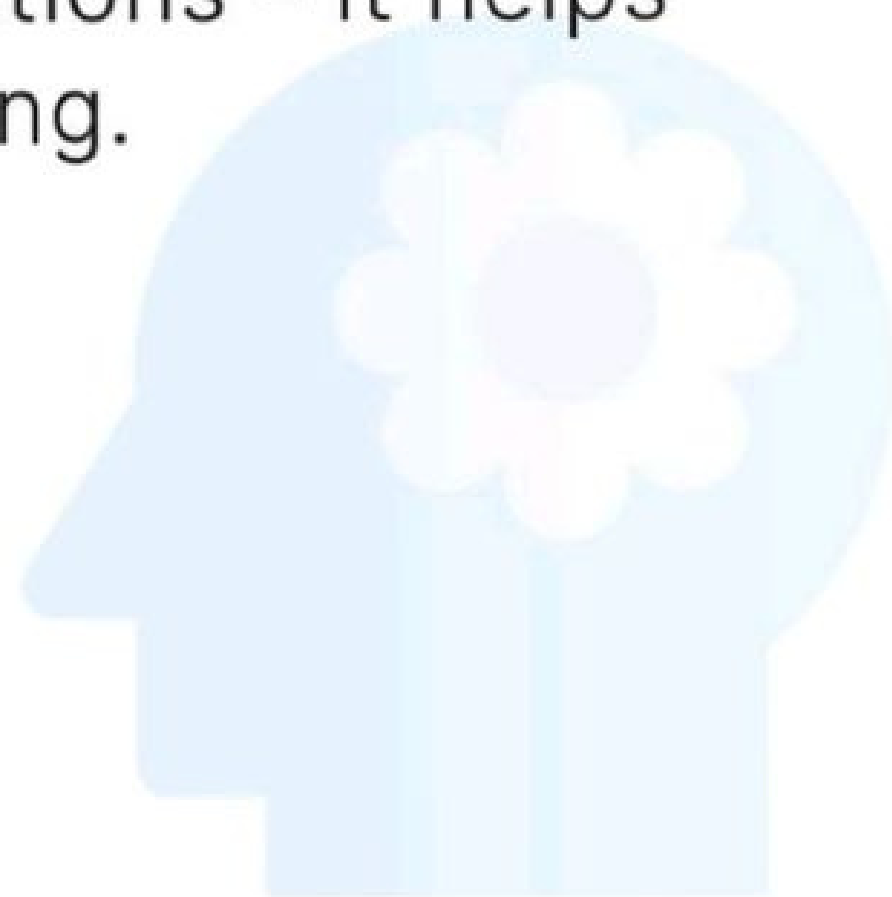
6. Give things away - Things that you haven't touched in months, give them away.



7. Manage your money - Simply make an excel sheet on how much money you are bringing in and how much you are spending.

8. Stand up every hour you are awake - It's easier said than done, but you will get used to it as you do it daily.

9. Ask open ended questions - It helps keep a conversation going.



10. Follow this simple proverb,
"When we have no head, we have legs." -
Accept what's done is done.

11. Turn off notifications - You'll be able
to accomplish more.

12. Prepare your clothes the night before
so you don't waste any time in the morning
when your mind is more active.



13. Avoid watching the news as much as possible.

14. Drink more water - Gives you more energy and improves your mental clarity.

15. Discover one new thing a month - This will help you keep your childlike curiosity alive.



16. Make your bed - "If you want to change the world, start off by making your bed." Admiral William

17. Spend a minute a day with yourself. No phone or any devices, just you and your thoughts.

18. Ask yourself whether what you're doing is worth it.



19. If a task takes 2 minutes or less to do, do it right away - Prevents you from procrastinating.

20. Take care of your posture.
Bad posture = Pain in the long run

21. Read for 15 minutes a day - "Leaders are readers." Make this a habit, and read books that will improve your life.



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