

# 101 Habits For *A Better Life*

- WAKE UP EARLY
- MAKE A HEALTHY BREAKFAST
- PLAN YOUR DAY
- PLAN YOUR WEEK/MONTH/YEAR
- PRACTICE SELF CARE DAILY
- REPEAT DAILY AFFIRMATIONS
- SET YOUR TOP 3 PRIORITIES FOR THE DAY
- EXERCISE 30 MINUTES TO AN HOUR DAILY
- DON'T EAT 2 HOURS BEFORE BEDTIME
- TURN YOUR PHONE SCREEN OFF AN HOUR BEFORE BED
- DRINK WATER BEFORE EVERY MEAL
- PRACTICE IMPROVING YOUR MINDSET DAILY
- MANAGE DECISION FATIGUE
- DRINK MORE WATER
- CREATE A BUDGET
- DO YOUR TAXES
- CLEAN OUT YOUR CLOSET

# 101 Habits For *A Better Life*

- GET RID OF ITEMS THAT NO LONGER SERVE YOU
- TAKE YOUR VITAMINS EVERYDAY
- ONLY EAT WHEN YOU'RE TRULY HUNGRY
- WRITE IN A JOURNAL OR DIARY
- USE A PRODUCTIVITY PLANNER TO KEEP YOUR GOALS ON TRACK
- BRUSH YOUR TEETH TWICE A DAY.
- GET 8 TO 10 HOURS OF SLEEP A NIGHT.
- LISTEN TO A PODCAST ON YOUR DAILY COMMUTE.
- PREPARE CLOTHES FOR THE NEXT DAY
- CREATE A BUCKETLIST OF YOUR GOALS AND IDEAS
- CREATE A VISION BOARD
- MEAL PREP FOR THE WEEK AHEAD
- PREP FOR THE WEEK AHEAD ON SUNDAY
- PLAY GAMES WITH FRIENDS AND FAMILY
- PLAN TRIPS WITH FRIENDS/FAMILY
- KEEP MULTIPLE PLANTS IN YOUR HOUSE
- SET OUT CERTAIN DAYS OF THE WEEK TO DO LAUNDRY

# 101 Habits For *A Better Life*

- CLEAN OUT YOUR MICROWAVE AND OVEN REGULARLY
- CLEAN OUT YOUR FRIDGE REGULARLY, ESP. WHEN FOOD GOES BAD
- TAKE A COURSE OR TWO
- READ A BOOK
- TASK BATCH RECURRING TASKS
- CLEAN OUT YOUR EMAIL INBOX
- ORGANIZE YOUR DESK
- GET RID OF TOXIC PEOPLE IN YOUR LIFE
- DEVELOP NEW FRIENDSHIPS
- SPEND QUALITY TIME WITH YOUR LOVED ONES
- WRITE BIRTHDAYS IN YOUR CALENDAR AHEAD OF TIME
- WORK ON BUILDING MORE CONFIDENCE
- FAKE IT TIL' YOU MAKE IT
- USE ESSENTIAL OILS TO CALM YOUR MIND AND BODY
- HAVE A MORNING AND NIGHT SKINCARE ROUTINE
- PRIORITIZE YOUR HEALTH ABOVE ALL ELSE
- PRACTICE YOGA OR MEDITATION

# 101 Habits For *A Better Life*

- USE AROMATHERAPY
- CLEAN YOUR MAKEUP BRUSHES OFTEN
- TRY A NEW RECIPE
- WALK YOUR DOG
- GET OUT OF THE HOUSE, EXPLORE YOUR TOWN
- GO ON A NICE VACATION
- PLAN YOUR FUTURE – 5, 10, 15 YEARS FROM NOW
- TRACK YOUR HABITS
- GET A HAIRCUT, GET YOUR NAILS DONE – PAMPER YOURSELF
- LISTEN TO SOME NEW MUSIC
- LISTEN TO AN AUDIOBOOK
- DRINK IN MODERATION.
- MAKE YOUR BED EVERY MORNING.
- GO ON A HIKE, GET OUT INTO NATURE
- DON'T RELY TOO MUCH ON A CREDIT CARD
- PAY IN CASH WHEN YOU CAN
- BUILD AN EMERGENCY FUND

# 101 Habits For *A Better Life*

- INVEST IN A RETIREMENT FUND
- BURN SOME CANDLES OR INCENSE
- PRAY
- MAKE A PINTEREST BOARD OF YOUR FAVORITE QUOTES
- SET SMART GOALS
- PLAN YOUR GOALS IN YOUR CALENDAR
- GET OUT OF YOUR COMFORT ZONE
- TAKE A RISK ONCE IN AWHILE
- TAKE DEEP BREATHS WHEN YOU'RE ANGRY OR FRUSTRATED
- HUG SOMEONE TODAY
- TALK TO A CLOSE FRIEND OR A COUNSELOR
- THE FIVE MINUTE JOURNAL
- TAKE MORE PHOTOS (THERE'S NEVER TOO MANY)
- WALK 10,000 STEPS A DAY
- PIVOT WHEN YOU'RE NO LONGER PASSIONATE IN YOUR CAREER/BUSINESS
- SOAK UP THE SUNSHINE
- CONTROL TV TIME

# 101 Habits For *A Better Life*

- HAVE A MOVIE NIGHT WITH FRIENDS
- LET GO OF NEGATIVE THOUGHTS
- TAKE UP A SIDE HUSTLE
- DECLUTTER YOUR LIFE THE KONMARI WAY
- GO TO BED EARLY
- GET YOUR LIFE TOGETHER WITH A PRODUCTIVITY DAY
- REFRESH YOUR HOUSE WITH NEW HOME DÉCOR
- TRACK YOUR MEDICATION
- SPEND LESS TIME SURFING THE WEB
- HANG YOUR CLOTHES UP OR FOLD THEM.
- PUT ON A HAIR MASK/DEEP CONDITION YOUR HAIR ONCE A WEEK
- REMOVE DISTRACTIONS FOR BETTER CONCENTRATION
- SMILE AND LAUGH MORE
- TAKE A BUBBLE BATH
- FIND THE LEARNING OPPORTUNITY IN EVERY MOMENT (WHETHER GOOD OR BAD)
- REFLECT ON THE PAST (OR CURRENT) YEAR AND WRITE OUT A PLAN FOR THE UPCOMING YEAR