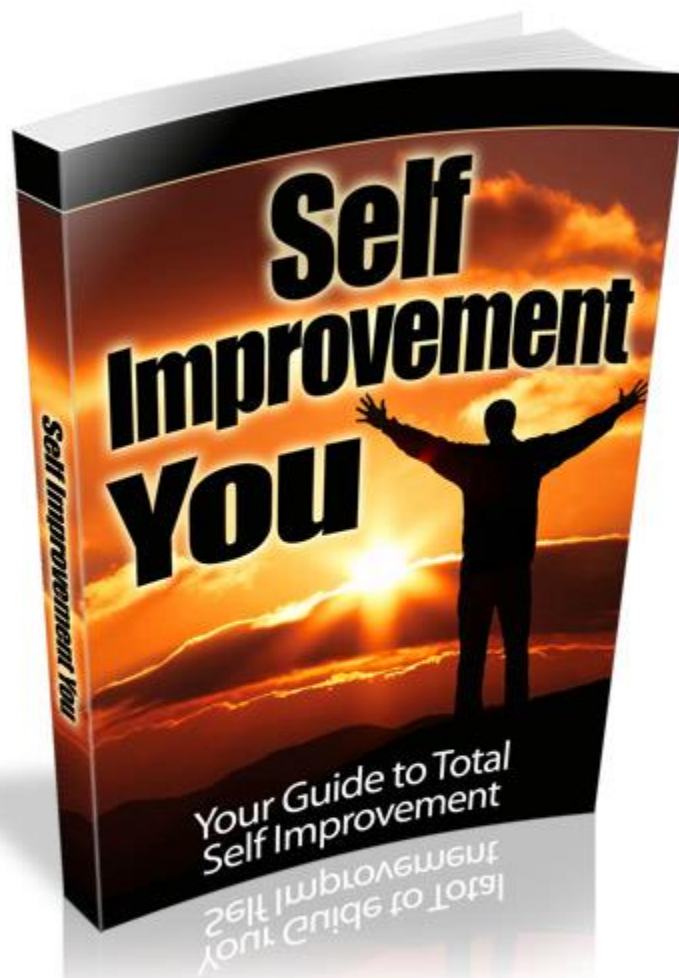


Self Improvement You



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Achieve Success in Your Life Using These 3 Principles

We tend to make living a successful life more complicated than it needs to be. It's human nature to want to overcomplicate even the simplest concepts, because we can't seem to get how something could be that simple. We often maintain this ideal to stop ourselves from being successful. Sure, life is difficult and it can be hard, but that's how it was designed to be. Achieving success isn't as difficult as you might think, just use these 3 principles.

1 Begin with what you can control.

If you are like most people, you spend too much time worrying about things that are outside of your control. These things cause you stress because you spend your day focusing on how terrible your situation is rather than how you can change your situation. For example, you can't control that you didn't exercise in the past. There is no value in wasting energy focusing on the past. Instead, learn from your mistakes and make changes.

What you can control is how you react when those curveballs are thrown at you. Your mind is your most powerful tool. There is no quick fix. You need to be willing to do the time. Build upon a strong mental foundation and shape your world.

2 Intentionally develop a process to build momentum.

Your developed mind is a tool to use to be proactive in attaining your goals. You can use it to develop a process to build momentum to reach your goals. Momentum can be tough to build, but there are countless rewards. The concept is easy, but the execution can be difficult. You will build confidence in yourself once you develop a process that works for you. This process will work no matter what goal you are trying to achieve.

You build momentum by making you feel like you are a winner who can accomplish anything you set your mind to. Failure is not an option.

3 View the world using a value-based model.

Strolling through life aimlessly is what will cause you to become lost. You can increase how effective you are by using a set of values to guide you. Everything you do should be guided by this value-based model. You don't want to get left behind because you were mediocre. You always want to give your most based on your value model.

Implement these 3 fundamental principles into your life and begin to enjoy the benefits and the success.

How to Build Your Self Confidence

Have you ever wished you had the confidence that someone else has? Have you ever wondered what their secret was? Why do some people build confidence with ease while others have a hard time? It is the age old question. What if you could build the same self confidence? The good news is you can. Are you ready to learn the secrets?

Learn and Improve

If you want to build confidence, get better at something. Put your energy into building your expertise in a certain area. Not sure, what you want to become an expert in? Consider where your strengths are and where your talents are.

How many times have you said, “I’m worthless,” or “I’m useless,” to yourself? Well, my friend, that is not the truth. Every individual is born for a purpose, and you just need to find it. It all starts with the thing you love to do. Is it painting, cooking, teaching, building objects or solving complex mathematical equations? No matter where your interests may lie, you can become an expert. All you have to do is persevere.

The more you do something the better you get at it. Taking the first step is the most difficult, but it’s important to take a leap of faith and find the courage to take that initial step. You will find the road ahead much easier. Practice and perfect – keep working at it. Your self confidence will increase in no time at all. Set challenges and goals you can achieve to build your self-confidence.

We Don’t Live in a Perfect World

We don’t live in a perfect world so don’t try to create it. We all make mistakes. Don’t convince yourself that you won’t make mistakes, because you are going to. If you aren’t making mistakes, at least now and then, you aren’t trying anything new. Don’t be afraid of mistakes. Think of them as learning opportunities. Try to learn from those mistakes.

Always Believe in You

Be comfortable in your own skin. It’s the biggest boost you can give your self confidence. What really matters is that you are okay with who you are. What others think really doesn’t matter. You have the power to change your destiny. You should accept who you are strengths and weaknesses. Know your limitations. Strive to become better and you will.

Avoid Negativity

Are you a glass half full or glass half empty person? Avoid negative thinking and look for the positive in situations. Try to avoid negative people too. You’ll be much better for it.

Bad Habits You Need to Stop to Improve Your Work Life

You’re on a self improvement mission – good for you! But, before you make a big list of things you can do to improve your life, you should start by looking at the bad habits you need to stop. We all have bad habits and they can all interfere with us being the best we can be. We often feel comfortable doing the same things day-after-day, but you might not realize that some of these habits can interfere with you being productive and they can even have a negative effect on your work life.

1 Stop smoking

If you could inhale productivity like you inhale cigarette smoke, but we can’t. What actually happens is your concentration will decrease after you have a cigarette and so will your

productivity. Worse, if you are anxious for your next cigarette your concentration also falters. If you want to be more productive and live a healthier life, you need to quit smoking.

2 Make the Right Music Choices

The music you would listen to during a workout is going to be much different than the music you listen to while you work. Choose music you like and enjoy and your brain will increase production of dopamine, which will make you excited rather than focused. So while you are at work, choose ambient music. Avoid music that you are familiar with where you will get distracted singing the words.

3 No More Than 4 Cups of Coffee

Most of us love our coffee. When you know the right amounts of coffee to drink your brain will be stimulated by it – the areas of concentration, attention and planning can benefit with approximately 400 mg or 4 cups of coffee a day. However, if you drink more than that it can have the opposite effect and cause you to be irritable, restless and anxious.

4 Divide Learning and Working

If you want to develop and increase your skills, learning is vital. Learn what you can and put that to practice. However, you can't let learning interfere with working, as this will have a negative effect on your self improvement. Instead, set aside times or days where learning will be your focus and then it will not interfere with your work.

5 Limit Your Rewards

You finish a task. You feel it was difficult and so you deserve a break – that's the reward you give yourself. While it might certainly be the case, but if you take one reward in the morning and one in the afternoon. That's it, no matter how efficient you are for the day.

When you recognize your bad habits and turn them into good habits, you are well on your way to being more productive.

Self Improvement Are You Doing it Right?

Each of us is different – unique, but we are also the same in many ways and so we tend to do things in a similar manner. If you are on a journey of self improvement – kudos to you! However, you need to stop for a minute and consider this – Are you doing things out of habit or are you doing it right?

We all have habits and they are not always good habits. When making changes in your life to improve your situation, it can be difficult to get yourself into 'good rut' – develop good habits. When you are working on creating good habits, you need to make sure that you give yourself credit even for the minor successes that occur every day. Even when things aren't going quite like you want it, you will likely get a small part of your daily goal right and you need to give yourself credit for that.

The better you feel about your achievements the more likely you are to make those good habits permanent habits. If you are down, you are far less likely to carry out your self improvement goals. However, if you go at it from the point of view that you are going to succeed, beginning with small steps that form a habit that you automatically do as part of your daily life, you'll enjoy the positive change you are aiming for.

If you find yourself in a rut, there's no better way to get out of that rut than by implementing consistent steps that go in a better direction. The question becomes, how does a person create these new habits? It isn't always easy. We all have busy lives filled with all kinds of responsibilities that make it difficult to implement change.

For thousands of people, using the mini habit concept has changed their lives. These same people would likely have failed if they had tried to change their behavior using more traditional methods.

Mini habits amount to making small changes over time rather than attempting to make a huge change that you find overwhelming. When you find something to be overwhelming, you are more likely to fail than create your new habit. When we feel overwhelmed, we are more likely to slip back into what we are comfortable with and that means failure.

Our minds can better handle small changes – small steps that don't create panic and make us feel like it is beyond our ability. So if you are working on improving yourself and you are doing it using mini habit changes, you are doing it right. If not, you need to change.

How You Can Achieve Your Inner Peace

If inner peace seems elusive and unattainable, far away or unreal you aren't alone. Most of us feel that way at one time or another. Part of your self improvement plan can be to learn how to achieve inner peace. It will be a skill that will help you throughout life. You will be calm during times of stress and during situations that need your immediate attention. One thing you need to always remember – to achieve inner peace is to recognize it is defined by outer circumstances. Let's look at the steps you can take.

1 Simplify

Keeping your life simple will contribute to your inner peace because it directs your energy to a single point. Toss out everything that holds you back. That includes friends and acquaintances who drain you and in return give you nothing. Remember quality over quantity. Keep it simple stay focused.

2 Be in the Present

The only time that really matters is the present because it's the only time that really exists. That past was, the present is now and the future will be the present. You have no control over the future, nor can you predict it. So focus on what you do have control over - the present. Give it your best and live

3 Express Your Gratitude

Take a minute to recognize just how fortunate you are. Your mind may have a tendency to wonder and desire something different. But consider this – more than 80 percent of the world lives on less than \$10 a day. Where do you fit into this? Chances are in comparison you are living like a King. Your mind is your worst enemy. Remember, should you get what you desire, you'll only be desiring something else soon. So be grateful for what you have.

4 Try on Someone Else's Point of View

Your point of view isn't the only one. Don't treat it like it's law. Be ready to let it go. Don't go to battle over your point of view for the reality is that it is no more than your opinion. If you find yourself in the wrong, be gracious and acknowledge that.

5 This too Shall Pass

Everything that comes will pass. Time is generous and indifferent. What is dark today may be glorious tomorrow. Everything perishes – everyone perishes. Nothing is forever. Time will heal the deepest wounds. Since whatever is going on today will pass, sometimes the best solution is simply to let it go. Tomorrow is another day – a fresh start.

6 Smile

Smile – it can do wonders for your spirit and for the spirit of others. It can soften hearts and change moods. Smiling is connected to love. You can't smile and be angry or jealous at the same time. Smiling makes you feel calm, happy and loved.

How to Think Yourself Beautiful

Your thoughts create reality. At least that's the belief of many experts and those who have experienced this know exactly what we're talking about. If you haven't yet experienced creating your reality, it's time you did.

One of the areas that people have the most trouble with is manifesting their physical appearance – their beauty. This is especially true of women, who can have deep insecurities about their weight, skin, hair, etc. So manifesting yourself beautiful might seem impossible, but it's not. Sometimes we manifest ourselves in a physical way that's linked to an event in our past and we don't even realize we've done this.

There are five steps you need to follow to think yourself beautiful. Are you ready?

1. Discover what your trigger is - For some of you, it will be the moment you decided you were unattractive and it will be easy to recognize. But for others, it the trigger may not be so evident quickly. It is important that you dig and try to figure out what got you to this point.

2. Identify your fear. What is the fear behind your trigger? Are you worried that if you are perceived as beautiful as your credibility can be undermined. You might be worried about unwanted attention, or you might be afraid that you are not worthy of being seen. Find your fears and write them down.

3. Invite your fear to a spirit summit. You need to have an open mind and take the time to journal your fears. Question how accurate your fears are? Is it even likely that your fear scenario will happen? Let your fear go. Ask your God, the universe or your higher power to take your fear and hold it.

4. Surrender. Let your God or your higher power take control of the situation. No matter what fears you have, when it comes to your physical appearance, for almost all of us control is an issue. You have no control over what other people think of the way you look. You can't control their behavior so stop worrying about it and let it go. Do not let it provide fuel for your fears. The only thing you can control is how you react.

5. See things differently. Once you surrender your anxieties and fears about how you look, you can make room in your heart to be willing to see yourself differently. You can make room to see yourself beautiful. When you do this you might suddenly find yourself losing weight, your acne might suddenly disappear or your confidence might soar.

What could be better than thinking yourself beautiful?

When Life is in Turmoil Remember This

We all go through highs and lows in our life. Sometimes it takes the lows for us to decide it's time to focus on some self improvement. You might be feeling rejected, down, sad, even a little depressed. Remember this – when life is in turmoil, what you need to do is 'smile' and not get caught up in all the negativity. You can use these tough times as a time to learn. Turmoil just isn't a reason for you to stop living.

It's inevitable. You are going to face heartaches and problems throughout your life. These too shall pass. There are some things you can do so that you can come out the other side unscathed. You might be going through tough times right now, but it isn't going to last forever. Things will change, they will get better – keep telling yourself this. No matter what the problem, what turmoil you are facing, this too shall pass. At some point, you will look back and recognize the lesson that you were meant to learn.

In a few years, what's going on will be nothing but a memory. It won't matter. You might even look back and laugh or you might be incredibly thankful for what looked like a terrible ordeal at the time, because what came out of it was good and it made you stronger. No matter what is going on in your life, keep in mind that much of what is going on right now will make up just a small percentage of your life. So, instead of letting it pull you into the darkness, think of what you can do to stay focused and strong. What can you do today, in your life that will make positive changes.

Life has plenty of beautiful moments but there is also pain as we grow and it is that pain that will actually make you stronger. You will endure the pain, because you understand that at the end of the day it will be worth it. You will learn how to overcome the pain – that will be part of your self improvement plan. From the pain, you will morph into a beautiful human being.

What you do need to remember is that the negativity of others isn't your problem. You can be sure that over time there are going to be many people who let you down. During your difficult times, you will know who your real friends are. What you won't need is the negativity of others

who leave you feeling worse than you already do. You want to have friends who lift you up, lift your spirits, even when your world seems to be collapsing.

Finally, remember, life is full of highs and lows. You can't have one without the other. Your world is ever changing and your self improvement can happen during both highs and lows.

Why You Need To Do These 5 Things to Improve Your Life

Self improvement is a big undertaking. It is so great that you have decided that you want your life to look different, that you want to improve yourself. There are tons of things you can do to help work on improving yourself, including the five things we are about to talk about. These aren't as common as some other tips and tricks, which is why you should make sure that you include these.

1 Make a to-do list and focus on it – Start your day with a list of to-do tasks you want to complete and this will help you to stay on task and focused. These days can be far more productive than just going along hoping you're getting your tasks done. You can make a formal list or create a simple post it. It's up to you to decide what works best for you.

2 Acknowledge you have flaws – We all have flaws. Start by acknowledging you have flaws and then you can begin to work on them. You can decide how you can fix your flaws, but to do that you have to first recognize them. It helps to make a list. Yes, that's right – a list of everything you feel is wrong with you. By doing so you will also recognize that some of the things you think are flaws are actually what make you unique and what others like about you. Be fair when you are analyzing your list.

3 Learn from those who inspire you – There are people you admire and inspire you. They have certain qualities you would like to have. Good news – you too can have what you admire. Let these people inspire you. Learn from their actions and how they live.

Set huge goals – Dream big, set those goals as big as you can dream. Stretch yourself far beyond your normal capacity – be big and bold. List things you would not normally attempt and then challenge yourself to carry them out. Start working on them today.

4 Give up a bad habit – We all have at least a couple of bad habits. When we think bad habits, we think of smoking, drinking too much, not exercising, etc. But there are other bad habits. Maybe you slouch or bite your nails. Maybe you are always late. However, big or little your bad habit is, now's a great time to work on fixing it.

5 Get into action – If you want to learn you need to take action. Is there something you have been thinking of doing? Why wait any longer? Why not take action today.

Self Improvement Clichés You Might Want to Avoid

Too much of a good thing isn't good for you. Sometimes there's just too much 'happy' 'warm and fuzzies' and 'positive thinking.' Other times there's just too much negativity. Let's look at some self improvement clichés that can help you during those tough times.

1 Get out of your comfort zone

This might be true, but it's easier said than done. You get why someone might back out of something because suddenly they realize they don't feel like they are ready. Instead, look at things from a different point of view. If you are feeling anxious or scared those are signs you need to do this. Ease your self doubt.

2 Follow your dreams

You've probably been told more than once to just 'follow your dreams.' The problem is it's easy to say follow your dreams, but to actually do it takes a lot of work. To make matters worse, the self-help industry overvalue the idea of following your dreams, so much that we feel like if we aren't following our dreams we are doing something wrong – not true. Vision boards, meditation, the Law of Attraction – all buzz words. The bottom line – follow your dreams if you want to and if you don't want to that's okay. If you choose to follow your dreams, you need a plan and realistic milestones.

3 Get over your fears

Yet another thing that's easier said than done. Admit it – letting go of your fears is downright scary. The best way to try to conquer your fear is to understand your fear, allow yourself to feel afraid, but do it anyway. Fear is designed to alert you. It stops you from jumping off a perfectly good bridge. When you find the root of your fear, you can determine whether that fear is rational or not. Not all fears are bad. Fearing poisonous snakes is a good fear, but being paralyzed because you fear them is something you can overcome.

4 Quit your job

You can find rags to riches stories everywhere – someone quits their job and it's the best thing they ever did. They find wealth and happiness that otherwise would have eluded them. But don't forget there's plenty of 'truth stretching,' that often goes on here. Quit your job if it makes sense. Quitting your job without thinking it through is just plain stupid. You will very quickly miss your paycheck. Instead, learn to block out the negative aspects. Remember – we all need a paycheck to survive, so unless you have plenty of savings you'd better hang on to your job for now.

The next time one of these popular clichés finds its way to you, before you are too quick to jump on the bandwagon make sure you think it through and determine it's the best plan of attack for your self improvement goals.

Things You Should do to Improve Yourself

So you've decided the time has come to work on yourself. Good for you. We can all use a little self improvement. Here are 6 things you should do to improve yourself.

Fall in Love With Your Passion

If you want to be happy, fall in love with what you are passionate about. Give yourself permission to love, whether that's something you are doing, such as working with at risk children, or it's falling in love with your soul mate. We have only so many years in this life and what could be better than spending some of that time doing something you are passionate about or with someone you love. Do what you love, be with who or what you love, live for your passion. You will grow immensely and you will be happy.

Make Someone Else Happy

Why not make it your goal to make someone happy every day. It can be something as little as a smile and asking someone how their day is going or complimenting them. You might do someone a favor or you might help someone with a project. What you will discover is when you make someone else happy, you also become happier.

Step Up and Do Your Part

Every day tragedy happens and our first responders are there to handle them. But you can also do your part. What about the dog that's running down the road in harm's way or the child that's wiped out on their bike and is on the sidewalk crying. What about the elderly person that's fallen or the friend that's had too much to drink. Step up and do your part to help someone else, whether you know them or not.

Gratitude

We can easily forget what we have to be grateful for in our day to day lives. Every morning and at the end of every day give at least two things that you are grateful for that day. You can express your gratitude verbally or you can create a gratitude book where you write it down. End every day on a positive, life-affirming note.

Keep it Neat

Did you know that a tidy environment will also keep your mind clear. As a result, you will be more productive and you will also have more control over your life. Interestingly, this self improvement tip is often overlooked and yet it can have such a profound effect on you.

Surround Yourself With Good People

Find people to hang out with that have a positive attitude and a love for life. Find those who express gratitude for what they have. Associating with these kinds of people will have a positive effect on how you act and think. Having friends that make love and respect you is powerful.

Grow and Improve

Are you looking to become a better you? Are you constantly looking for ways to improve yourself? Here are 6 things you can do to help you on your personal journey. Some are easy and others are more difficult. But we all need a challenge.

Learn a New Language

Now is a great time to learn a new language. Pick one that interests you. Perhaps a country you dream of visiting one day. You will not only learn a new language you will open yourself to a new cultural experience.

Every Day Read

Books are filled with tons of wisdom and yet they seem to be going by the wayside. Books can really enrich your life. Every day, pick up a book and read, whether it's 5 pages, a chapter or an entire book. Make reading a daily habit.

It's Time for a New Hobby

You might already have a favorite hobby or perhaps you've never had a hobby. Now's a great time to choose a new hobby and expand your horizons. Choosing a new hobby will stretch you in different ways – it can be mental, emotional or physical.

Take a New Course

Learning something new is a great way to improve yourself. There are tons of courses offered and there's certainly something that will interest you that you would like to learn more about. The course could run a few weeks or a full semester. Taking a new course will provide you with new insight.

Create a Room That Promotes Inspiration

Your environment creates your mood and the way you think. It will either inspire you or numb you. Create at least one room in your house where you can feel your inspiration bloom. You will find you love to spend time here.

Let Go Of Your Fears

We all have fears. The choice is yours whether you let them control you or you face them and let them go. Fear will keep you in the same place you are now. You will not be able to grow and move forward. If you have a fear relating to something, it means that you have yet to address it and grow from it.

The Best Ways to Help Improve You

If you are focused on self improvement you want to know the best ways to be successful. Let's take a look at some of those right now.

Be mindful of your topic - The more mindful you are when you are attempting to make changes in your life the more momentum you will have going forward. When you are more aware of what you want to get better at you can give yourself reminders during your day. Post its, a reminder on your smartphone, etc. can all shine a light on what it is you are working towards

Be accountable to yourself and others

When you make yourself accountable you will take your goal more serious. So make sure that share what you are doing with your friends, family, co-workers, social networks, etc. It will help you achieve your goal.

Keep track of your actions

If you track something you can do a much better job of managing it so in your self improvement mission make sure that you track the days and hours you spend on the changes you are making in your life. This will provide you with data you can review and use to make decisions.

Weekly reviews

This is a great way to decide how you are doing and to know where you need to do better. A weekly review shows you where you've been and where you're going. It shows your success and your failures. Learn where your strengths and weaknesses are.

Do better

Create your framework so that you can do better and achieve better. You will be able to better focus by doing so. When you are focused you are much more likely to be successful.

Read lots of books

Reading is a powerful tool that can help you to navigate through the changes you are trying to make in your life. Self improvement goals can be helped by reading a wide variety of books. In fact, every day you should read. How much, you decide. It might be a few pages or a few chapters.

Practice gratitude

Too often we are focused on what we don't like about our lives rather than being thankful for all the good in our lives. Make sure that you practice gratitude. When you wake up in the morning when you go to bed at night mentally list what you are grateful for. It will make a huge difference in your life.

Self Improvement Made Easy

We hear a lot about transforming ourselves – improving ourselves. This is especially true, as we get older, when you've already faced many of life's battles and you aren't as full of energy to face challenges as you once were. Don't worry; we're going to make self improvement easy, no matter what your age. Here are some ideas you can implement.

Think Positive

Start every day on a positive note. Wake up and be thankful for at least one thing. Then start to think about all the thing you can accomplish. Don't be afraid to dream. Think of each new milestone as a new beginning.

Complete What You Start

If you start something, it's important that you finish it. If you are doing a home project set a goal to complete it from the day you start it. If you are reading a book, every day read a few pages. If you have chores to do get them done early and you can enjoy the gratification for the job you did well.

Face Your Fears

We all like to stay in our comfort zone. Facing our fears can be challenging – in fact, it can be terrifying. Every day, try to do something that makes you uncomfortable or fearful. This is a great way to push yourself to grow.

Exercise Every Day

You need to exercise every single day. Now it's time to experience them. Exercising will not only make you healthier and stronger, it will make you look good and you will feel good.

Read Books on Self Improvement

You will gain great knowledge and grow when you read various books on self improvement. You will get a different view of yourself; you will be able to take away things that can help you to improve yourself.

Loose the Bad Habit

We all have a bad habit or two. There are things you engage in that are bad for you, like smoking, and there are people who bring out the worst in you. The time has come to let them go and to let those bad habits go. It can be overwhelming so focus on one habit at a time Make sure you begin to surround yourself with the kind of people that will bring out the best in you. Find friends that are healthy for you.

3 Reasons Why Early Risers Can be More Your Successful in Life

We all go to bed at night and we all wake up in the morning. Each day you can, seize the day and create your life. Each day you can have a 'do over' of sorts. Every morning you have the opportunity to rise early excited to begin your day. However, that's not how morning looks to everyone.

Many of us sleep late, and feel like we are playing catch up all day. It's pretty common for people to hit the snooze button more than once in the morning. Yet, for some of the most successful people their morning starts early because they are aware that it gives them an advantage in their life. So while you are enjoying those last vivid dream minutes someone else is up and already reading, working, exercising, meditating, etc. Tim Cook, Apple's CEO is up at 4:30 am!

Let's look at why waking early gives you better odds at success in your life:

In the morning you have stronger willpower. Your willpower is a limited resource and by the end of the day it is running low. That means you have a greater chance of dealing with challenges earlier in the day because you will have more willpower, so manage it well.

The tone for the day is set with your morning rituals. When you get up early you have time to journal, read, exercise, etc. all of which determine how you are going to feel for the rest of the day. Create positive energy in the morning will change how you act and engage throughout the day.

In the morning you are more focused with fewer distractions. The quiet morning hours let you take care of your top-priorities before everyone else's priorities find their way into your day. You can use the early morning to set your goals, plan what your day is going to look like and even solve problems. You are much more likely to be highly productive. Perhaps there is some truth to the saying "The early bird catches the worm."

You can see why early risers might enjoy a more successful life. So what are you going to opt for?

More beauty rest and less success or more success and less sleep? It's up to you.

Better Yourself in Just One Week

Self improvement can be hard work. No, let's rephrase that. It is hard work. It can take a year or a lifetime, which is why we tend to give up on ourselves. But what if you could better yourself in just one week. Good news – you can! Do these 4 things – it's an excellent start!

Become Mindful of Your Topic

The more mindful you are about what you want to change in your life, the momentum you will have to make those changes. You can make yourself more aware of these changes you are working on by giving yourself small reminders. Shine light on what it is you want to get better at

Be Accountable

You need to be accountable to those around you as well as yourself. When you make yourself accountable you are much more likely to succeed at what you are doing. Let your friends, family, co-workers, social network friends, etc. know what your goal is – what you are trying to achieve.

You will suddenly become much more serious about achieving your goal because you want to 'save face,' prove to others around you.

Keep Track of Your Actions

In order to manage something you need to track it. How will you know if you are getting better if you don't keep track of your actions and your accomplishments. You should also track the days and hours you spend making changes in your life. This gives you information that can help you decide if you are being successful.

Repeat Repeat Repeat

You see that you are getting better, so why stop now? Take the strengths you've gained and weaknesses you've found and make your list.

It's time to identify something else you want to work on. Perhaps this is the week that you are going to begin to train for a marathon. Perhaps this is the week that you are going to sign up for that digital photography class. Perhaps this is simply the week that you are going to focus on doing better by eating right and exercising daily.

Whatever your choices for the following week, you should not be confident that you can achieve what you set out to do. Keep creating new goals and dreams. It will keep you moving forward and it will keep your life 'alive' 'growing' and revived. So what are you waiting for?

Ways to Create an Attitude of Gratitude

How do you look at life? Do you find yourself complaining about every little thing? Do you have a long list that goes on and on and on.... Job stress, friend problems, family that's done, you wrong, the weather... and on it goes. What you may not realize is that if you wake up in the morning and you find something to complain about that's pretty much how your day is going to go. You may have already heard of the 'law of attraction,' which simply says that what you focus on and where you put your energy is what you are going to get. In other words, you create your reality.

What would happen if instead of waking up complaining, you opened your eyes and gave thanks for your life. Just that little shift in your attitude from complaining to gratitude can make you more aware of the pleasures in your life and all the blessings that surround you. Gratitude will put your day to day experiences into perspective. When you view the good and the bad, you will be able to move past the constant complaining. Let's look at 4 ways to do that.

Start Your own Gratitude Journal

You should set aside a few minutes at the end of your day to write down 3 or 4 things you are grateful for. It can be as simple as you woke up this morning or as complex as something that happened during the day. Writing down what you are grateful for can help you realize how blessed you are.

Take Time to Stop and Smell the Roses

Start to handle your day differently than you have been. Take a minute to stop and smell the roses. In other words, stop rushing through your day. Stop yourself before you become overwhelmed and the negative feelings start to take hold. Stop, breathe, look around, find something beautiful to absorb. Nature is always great but if you are nowhere near nature, perhaps there's a child, a piece of art, etc. that catches your attention. Focus on it and breathe.

Turn a Negative Into a Positive

This can feel difficult. However, if you can achieve it you will benefit greatly. Before you allow yourself to get upset, stop yourself, and think it through with a positive attitude. You might have to meditate on it, you might have to get yourself into a calm state before you address the situation – whatever it takes. Take a minute to look for the good in the situation.

Make a Compliment

Share kindness with those around you. Say something nice to a stranger or a friend. Spread the love and lift up another human being. You will make their day and yours too.

Top Tips for Self Improvement

So you've decided to spend some time on self improvement – congratulations. It's nice to have a little help. Here are 8 top tips that should be on the list of self improvement goals.

1. Befriend top people in their fields

These people have achieved their results because they have the right attitudes, skill sets and know-how. How better to learn than from the people who have been there and done that? Gain new insights from them on how you can improve and achieve the same results for yourself.

2. Let it go – Let your past go

If you are carrying unhappiness from the past or a grievance from the past you need to let it go so that you can move forward. Holding on to this old baggage stops you from moving on.

3. Be kind to others

Show compassion and kindness to others. Sadly, the majority of us spend far too little time being nice to other human beings. By being kind it will help to grow the qualities of love, patience and compassion.

4. Start a business

This can be a scary undertaking but there is so much growth that can happen that it is certainly worth considering. Is there something that interests you? If you said yes, why not make it a money making proposition. Start a new venture and learn how to run a business at the same time you make some extra money. You'll develop skills like self discipline, management, leadership and organizational skills.

5. Reach out to those you hate

If you stand for what you believe there's a good chance you will have haters. It's easy to hate those who hate you. It's a much bigger challenge to love them back. Learn to forgive, let it go and show love and forgiveness.

6. Take a break

If you have been working too hard it's time to take a break. Self-improvement includes recognizing your need for some down time. Relax and charge yourself.

7. Every day read a personal development article

There are tons of great personal development blogs out there. Take the time to read at least one article a day – learn and grow from it.

8. Commit to personal growth

You can likely make a long list of growth you would like to achieve, so write it down, make a list and commit to it. Make it happen.