

Better Life Goals

1. Wake up EARLY

Waking up early means you are already ahead of everyone else.

Waking up earlier gives you more time to:

- Workout
- Plan your day
- Work on business
- Be more productive

2. Writing down your thoughts before bed.

Writing before bed will improve your quality of sleep.

Here is what you can write down:

- Your goals for tomorrow
- What you are grateful for
- Your long term goals.

3. Learning a new skill 30 minutes a day (watching videos or reading up on it is good too):

- A new language
- How-to home improvements
- Car mechanics

4. Spend one hour a day exercising.

To have a good mental health, you have to also have good physical health.

Exercises that have the best results are:

- Running
- Swimming
- Lifting weights

5.. Sits in silence 10 minutes a day.

Your mind is racing with hundreds of thoughts every day.

Take 10 minutes to:

- Sit in silence
- Practice mindfulness
- Give your mind a break
- Be present in the moment

6. Create a proper sleep schedule.

Sleep is essential for your performance, mental health, reducing stress and improving your mood.

Do this for deep and quality sleep:

- No screen time 2 hours before bed
- No eating two hours before bed
- Make your room cooler
- Use blackout curtains

7. Take a 30-minute walk in nature.

Nature has proven to help you:

- Get rid of anxiety
- Increase happiness
- Improve your mood

8. Read 20 pages a day.

Reading will strengthen your mind and also:

- Increase your focus
- Increase your knowledge
- Increase your self-confidence

9. Drink more water.

Water is essential for:

- Mind
- Health
- Recovery

10. Making time for family and friends.

Spend time with loved ones will improve mood and happiness. You can:

- Have lunch dates
- Form a team sport or weekly activity
- Have romantic day trips (or a weekend get-a-away) with your spouse