

# Self-Improvement checklist

## Physical

- Exercise Regularly
- Do Yoga
- Eat Healthy
- Avoid Alcohol
- Practice Kindness
- Get Enough Sleep
- Read More
- Talk Less
- Listen To Podcast
- Start Journal
- Make Goals

## Mental

- Practice Gratitude
- Don't Compare
- Focus on Yourself
- Eat Good
- Be Active
- Expect Little
- Stay Hydrated
- Take Responsibility
- Give Respect

## Personal

- Improve Communication
- Create Your Own Attitude
- Track Expenses
- Spend Less
- Invest More
- Dress Simply
- Try Saying "No"
- Be A Decision Maker
- Enjoy The Process
  
- Learn from failures
- Learn from others mistakes
- Meet New People
- Avoid Negative Thinking
- Learn from your Experience
- Stop Overthinking
- Work-Life Balance
- Start Today!

*Project Better Life*