



[SIMPLE STRATEGIES TO IMPROVE YOURSELF]

Introduction

There are many areas in life where we can improve ourselves to become a better person and to have a more meaningful life. It could be in the area of relationships, finances, careers and family, where we improve in order to help us get more out of our lives and be more of a success.

Wouldn't you want to feel better, be more productive, more confident and more successful?

If that is you, then spend some time to read through the simple strategies that I share, which can help you become healthier, more productive and more organized. These are simple and easy to understand tips that will help you feel better about yourself and motivate you to become a better person to inspire and support others.

Self improvement is very rewarding as you'll discover a whole new realm that allows you to be happy in your life, be confident about yourself and achieve results that you never would have thought of achieving.

Achieve a great sense of purpose of achievement and start moving forward in your life and improving in things rather than stagnating!

So let's get started now!

- 1.

1. Identify your dreams and aspirations.

Some of the more effective driving forces for success in your life are your dreams and aspirations. Therefore, it is time to properly identify them. This means you need to spend some time in thinking about what they really are. Do not ask your friends and relatives for help when it comes to this, since this is all about you.



2. List down your goals.

Your goals in life must be listed down either on a sheet of paper or a small journal. Only through this would you be able to remind yourself effectively about them, which can result to making you more motivated in taking steps in achieving them. So, list them down, and place it somewhere you can easily see.

3. Divide your major goals into smaller ones.

When you determine your goals, it can be quite overwhelming if you look at the bigger ones everyday. To make it easier to achieve, divide them into smaller ones. When you do this, you can take smaller steps on a day to day basis, in order to achieve the smaller goals, as you move closer and closer to the bigger ones.

4. Identify the steps you need to take to achieve your goals.

Your goals are like your finish lines that you should reach after some time. You should always remember that you won't attain them without taking the necessary steps.

Therefore, you must identify the right steps that you need to take, so that you can move closer to your goals each day.

5. Get to know the things that excite you the most.

Whenever you get excited, that is usually the time when you become more energetic in doing certain things. With that, you should learn more about the things that excite you the most, so that you can base your goals to them. When you do things that you love in achieving your goals, then you would not feel like you are working very hard for them.

6. Boost your self-confidence.



It would be quite difficult to achieve your dreams if you lack confidence. Building up your confidence can be done by simply recalling your past achievements. Aside from that, you should also have more faith in yourself, so that you would be capable of taking some risks.

7. Do not expect better things if you are not doing anything different.

Success can become more elusive when you keep on doing the same things each day. The only way to attain something that you have not achieved yet is to do something different. Make some changes, so that you can achieve something different in your life, such as success or higher level of happiness.

8. Stop complaining.

It is time to stop complaining, if you want to achieve self improvement. Successful people do not have complaining as one of their regular practices. To them, complaining can be equated to whining, which would not yield any kind of benefit. Instead of complaining, you should start finding solutions to things that bother you.

9. Be thankful that you have problems.

Do not be afraid in facing problems in your life. Instead, you should be thankful that you have some challenges to encounter, since it means that you have a normal life. View your problems as opportunities for you to become a better person, so that you can always emerge victorious against them.

10. Find lessons in your mistakes.

We are bound to make mistakes, since we are only human. Therefore, you should not be too hard on yourself whenever you do. Mistakes are there in order for us to learn important lessons from them. When we learn from our mistakes, it helps us avoid committing them again aside from making us better persons.

11. Be proactive to lessen the amounts of challenges you encounter in your life.

Instead of being reactive, you should become more proactive, in order to lessen the number of problems you encounter in your life. When you are proactive, you can effectively prevent challenges to come your way. Aside from that, it can also mean that instead of waiting for opportunities, you make them happen.

12. Dream big.

Do not limit yourself when it comes to dreaming. Dreaming would not cost you anything, which is why you should dream big. Keep in mind that success achieved by lots of people around the globe started with just a dream. Start dreaming big just before you go to sleep, so that you can feel more motivated in achieving them the next morning.

13. Visualize your dreams.

Visualizing your dreams would help a lot when it comes to achieving them. You should make use of your imagination, so that you become more excited in savoring the sweetness of your dreams when you attain them. Imagine yourself



enjoying the fruits of your labor, since that would motivate you more.

14. Make a plan.

Once you have determined your goals, the next thing to do is to make a plan in achieving them. Your plan should include the steps that you have to take in attaining your goals. Aside from that, they should also indicate the timeframe that you set for yourself in reaching your dreams.

15. Evaluate your progress every now and then.

When you think that you are taking steps towards your hopes and dreams, you cannot see where you really stand if you won't evaluate yourself from time and time. Assessing your progress should become a regular thing. It is important, so that you can make adjustments when deemed necessary.

16. Identify your strengths.

If you know your own strengths, then you would be able to make good use of them to your advantage. Keep in mind that each one of us have lots of strengths, such as our talents and skills. However, it is imperative that you identify the ones that can bring you closer to your dreams, so that you can put more attention to them.

17. Do not be afraid of failures.

Failing is an important part of our life, since it makes us aware that we are not perfect, but we can continuously work toward it. Failing can help you attain your dreams, since it can teach you valuable lessons. On top of that, it can also make you stronger so that you would never give up.



18. Be relentless in pushing yourself towards your dreams.

The only time that you won't be able to attain what you are longing for is when you give up on your dreams. Therefore, you should be relentless in taking steps towards your dreams. Continue to push yourself in working hard for your dreams and aspirations, and learn from your mistakes. Whenever you fail, view it as a message that you simply have to take another path towards your goals.

19. Increase awareness in life.

Increase your awareness, in order to improve yourself. This means that you need to become more conscious of the things that happen inside of you, as well as in your surroundings. An increased awareness can help you identify the things that you can change, in order to improve your quality of life.

20. Become the best you could ever be.



If you are concerned about your social responsibility, then the best thing that you can do is to improve yourself. Aside from becoming more aware on how you treat your friends, relatives and other people around you, you should also see to it that you improve your skills and talents. When you think about it, your skills and talents, can also bring about a lot of good to the people around you

21. Lead by example.

One of the best things about becoming satisfied with your job is that, it can make you happier not just at the work place, but also inside your own home. Achieving success in your job or company can begin by becoming a good leader. Show your coworkers or employees how things should be done by doing it yourself, so that they can simply follow your lead.

22. Make everyday a great day for you and the people around you.

When you make everyday a great day for you and your friends, family, and coworkers, it can move you closer to your dreams. Having a great day means that you are able to spread positive energy around, as well as accomplishing more work than you have set out for. This would bring out wonderful results and would pave the way to attaining bigger things in the future.



23. Strive to make positive changes in your life.

Change is inevitable, which is why the best way to approach changes is to simply embrace them. Keep in mind though that some changes can make our lives better, while some won't. It is best to identify those that would, so that you can make positive changes first, before negative events force you to modify something in your life.

24. Avoid negative persons.

Negative persons can bring you down, since they can emit negative energy through their own outlook in life. Thus, it is best to avoid them as much as you can. Be with people who view life in a positive way, so that you can absorb their positive energy, and become more optimistic about the things that you want to achieve.

25. View things in the positive light.

Whatever happens, you should always view the positive side of it. This would lighten any kind of problem that comes your way. Aside from that, it can also motivate you in making the necessary changes in order to make your life better.

26. Acknowledge the fact that there is still a lot to learn about in this world.

Declare to the world that you still have a lot of thing to learn. When you achieve this reality, it can drive you more in learning about different things. Learning constantly is something that can help you not just in achieving your dreams, but also in becoming a better person.

27. You are your best contribution to this world.

When you think about what you can do in order to contribute something to the world that you are living in, you should remember that the best contribution you can offer is yourself. You can do it by simply sharing your skills and talents. However, it also pays if you would treat every person you meet with respect and kindness.

28. Continue talking to yourself, but don't forget to listen.

Talking to yourself and praying are some of the things that can help you discover who you really are. However, it is also important that you listen to yourself. Listening to yourself effectively can increase your awareness, which can help you make the right decisions at the right times.

29. Take responsibility for your actions.

Lots of people today blame others whenever they make mistakes. Instead of doing this, you should take responsibility for your own actions. Own your mistakes, so that you can effectively learn from them. When you blame others, not only would you lose friends, but people depending on you can also lost their faith in you.

30. Get your mind uncluttered.

When you clear your mind, you would be able to think things through a lot better. Achieving this can become quite a challenge to some though. However, you can make it simple by identifying the things that you should not put your attention on. Do not think about the things that are not included in your top priorities, so that your thoughts would be free from clutter.

31. Reward yourself.

When you have some challenging tasks that you need to accomplish, plan a reward for yourself to increase your motivation. A reward that you can offer to yourself can be as simple as a movie or a nice treat in an ice cream bar. As long as there is something that you can look forward, accomplishing your tasks would become something that is easier to do.

32. Think about the benefits of your achievements.

Motivation is often the key to achieving something, which is why you should know how to motivate yourself. One of the best ways is to think about the benefits that you can enjoy once you have attained your goals. By doing this, you would get yourself more excited and motivated in taking the steps toward them.

33. Make a daily working routine and follow it.

Make a daily routine at work, so that you won't lose your motivation. There may be times when you don't want to move a muscle when it comes to completing some tasks in your office. To counter this, you should follow your daily work routine. Once you start moving and doing certain things, it can build up your motivation once again, and you would soon realize that you have already done all your assignments in just a short span of time.

34. Improve your health condition.

No matter how much your drive is in accomplishing your dreams, you can never do it with a body that is sick. Thus, you should not neglect your own health. This means that even if you still want to continue working on your projects, you need to get some rest if it is time to do so. Aside from that, you should also get enough exercise and eat healthy foods in the right portions.

35. Forget about the past and don't worry too much about the future.

Many people are not able to do the right things, because they think too much about the future. Aside from that, there are also those that are not able to take steps toward their dreams, for being afraid of the mistakes they committed in the past. To make sure that this is not the case, then you should focus more on the present. Learn from the past and don't worry about the future, so that you can make things happen today.



36. Never quit even when you fail.

Failing can sometimes be one of the requisites of success. In other words, it is still possible for you to fail, even when you are at the brink of attaining success. If you do fail, think of it as a message that you have to tweak something in your plan. Never quit, since success can be just around the corner.

37. It is better to fail in trying, than not trying at all.

Do not be like some people who are too afraid of failing that they never try anything new. Not being able to try to reach your dreams, can make you regret it for the rest of your life. When you try and fail, all you have to do is to try again, until you are able to attain what you are aiming for.

38. You are who you think you are.

Always remember that your mind and your thoughts are very powerful. In fact, they can influence who you would become, since you are who you think you are. Thus, if you firmly believe that you would succeed, then there is indeed a good chance that you will. Your belief can give you the energy to take the right actions, in order to attain your dreams.

39. Put actions to your plan.

Any kind of plan would be deemed worthless, if you won't put any kind of action to it. Once you have done your plan, you should see to it that you take the steps indicated in it immediately. Always remember that your actions are the ones that can yield results and not your plan.

40. Choose happiness everyday.

You should always choose to be happy each day, and don't settle for anything less. Happy people are more motivated, since they are always full of energy. Aside from that, they also would not get affected by certain events easily.



41. Always finish what you start.

Getting started on something without getting it completed can become a practice, which can result to a lot of unfinished tasks. Thus, you should train yourself to finish whatever it is that you have started on already. Do not begin another task or project until you can get the current or previous one completed, since that can also improve the quality of your performance.

42. Choose not to get angry.

Getting angry is something that most of us do not want to experience. Anger can lead you do say or do something that can hurt other people, which would also come with negative consequences. Whenever someone gets you offended, always remember that you can always choose not to get angry. If you do that, you would come out a winner, since the other person would not get what he wants.

43. Always remember that there are criticisms that are constructive.

Some people are afraid of criticisms, since they may get offended by it. However, some criticisms can actually help in shaping up your future. When a person criticizes you, don't let yourself be in a defensive mode immediately. Keep in mind that some people around you may give you constructive criticisms in order to make you a better person. Learn from constructive criticisms, so that you can strive to improve your performance at work, and become the best person you can be.

44. Positive affirmations can make your life better.

Positive affirmations are something that can really help you achieve different things in life that you really want. They are simple statements that you can tell yourself at the start of your day, at the middle, or just before sleeping. When you mention these statements constantly, they can be ingrained into your subconscious mind and work wonders.

45. See the good in people, instead of the opposite.

Always remember that all of us are not the same. In other words, there may be practices or behaviors of some people that you do not like. With that, it does not mean that you can hate them just because of it. It is best to always see the good in people, so that you can have more friends who can all support you in achieving your dreams.

46. Smile your way out of a stressful situation.

Whenever you are stressed out, always remember that you can smile your way out of it. If there is mirror face it and smile at yourself. You would be amazed at how it can relieve you of stress. It can improve your mood, and help you calm down.



47. Make people happy.

When you exert some effort to make people around you happy, you would feel warmth inside, which can improve your outlook in life. We are offered countless opportunities to make people smile or happy even for just a moment. Grab them, so that you can do something to make the world a better place to live in.

48. Always move forward.

Whenever you make mistakes, you should not dwell on it. The more you dwell on your mistakes, the more time you would be wasting, since you cannot change it. The best thing to do is to learn from them, and make sure that you won't commit the same mistakes again.

49. Look at situations in a more positive way.

When someone cuts lanes in front of you while you are driving, it can make you blow your horn and curse the other guy. However, this can get you stressed out, or even worse. The best way to react to it is to simply think that the other driver may be on a rush due to an emergency or something else. When you think like this, you will find that most negative situations can no longer bother you.

50. Take care of distractions.

Distractions can lead you to postpone doing important things whether at work or at your own home. Thus, it is best to take care of them. If you can't eliminate distractions, always remember that they can only distract you if you let them. For example, if you often get distracted by a background noise, you can always counter it by simply clearing your mind, and focus more on your work, instead of the sounds.

51. Set priorities and refer to them as your guide.

Setting priorities is very important, since it can provide you the guidance that you need, when it comes to accomplishing certain tasks. List down the assignments or goals that you have and arrange them according to their priorities. Focus on the ones you need to get done first, and get to the other tasks later on.



52. Be realistic when it comes to accomplishing certain projects.

Different projects or goals require different amounts of time to accomplish. When a goal can take much of your time, don't try to achieve it or get it done as quickly as you can. This can get you overwhelmed and tired, which can take away your drive. Accomplish what you can, with the amount of time that you have, so that you won't feel that the end goal is just too hard to achieve.

53. Make goals that are time bounded.

When it comes to self improvement, you won't be able to achieve it without proper goal setting. Determining your goals is imperative, since they can serve as your guide in choosing the right path in your life. Aside from that, your goals can also help in getting you inspired.

Whenever you set goals, they have to be time bounded, so that you would do something to get them done as soon as you can. When you set deadlines, it would give you the push that you need to put actions onto your plans. Take little steps every day, so that you can achieve your goals, before the date you have indicated in your plan.

54. Identify the reasons for completing a task.

If you are doing something and you are not very aware of the reasons behind it, then you won't have the drive in accomplishing it. You need to identify the reasons for completing a task, so that you know how important it is that you get it done. Determine them just before getting started and remind yourself of the reasons constantly, since it can get you going.

55. Do not think that your life is so hard.

It is a fact that we would all come across a lot of bumps along the way when we try to achieve personal improvement. However, you should not let these problems make you think about how hard your life is. Instead of doing that, you should focus more on things that can make your life better.

56. Bring out the best in yourself by looking for the best in other people.

Praising people is a habit that can break any cycle of negativity, such as thinking about negative traits that we have. Praising other people can bring out the best in you, especially when you make honest compliments. This can get you more friends, who can help you in becoming more confident.

57. Let your voice be heard.

While involved in group discussions, many of us are guilty of not speaking up, for the fear of saying something that is not very relevant or making a mistake. This is actually something that should not be practiced if you want to improve yourself. It is best if you speak up, so that others may hear what you have to say. It would also encourage other individuals to make a stand, and they could even see you as a leader.

58. Boost the power of your mind.

Making your mind more powerful is one of the best things you can do to achieve self improvement. Your brain is a very powerful tool, and it is up to you to make use of it to its full potential. Boost the power of your mind by challenging it such as solving math problems, memorizing your favorite poems, and answering crossword puzzles.



59. Strive to be better each day.

In every day of your life, you should do something that can get you closer to your hopes and dreams. This can be done by striving to be better in everything that you do each day. You can apply this on your work tasks, and even at your own place. When you do this, you can become the best that you can be without realizing it.

60. Continue to learn new things each day.

No matter how much you have already learned through your studies and work, there are still lots of new things that you can learn about. Strive to learn more about more things

each day, to widen your horizon. It can open your eyes to more opportunities, aside from the fact that it would also sharpen your mind.

61. Achieve something you thought you could not reach.

When you try to achieve something that you really want, but you thought you cannot reach, it would help you develop certain beneficial qualities. Some of which would include patience, creativity, humility, compassion, generosity, tolerance, and determination. Moreover, as long as you are inspired to achieve it, then you would be able to reach your dreams and be happy.

62. Step out of your comfort zone.

Our comfort zones are often made by our fears that we have developed throughout our lives. They can become the boundaries that prevent us from achieving our dreams. Stepping out of your comfort zone means that you need to overcome your fears, and do something that you have not done before, so that you can reach your dreams.

63. Develop the courage to take some risks.

When you take a risk, it can mean doing something that can either yield a wonderful result or make you lose something. Because of that, it is quite normal for one to avoid taking risks. However, it would also mean not doing something to get a grasp of your dreams. Thus, if the possible result is worth taking a risk for, then you should try to develop your courage for it.

64. The power of being persistent.

Persistence is something that you should possess in order to achieve greater things in this world. To reach for your dreams, it is a fact that you would face a few bumps in the road. When you encounter problems along the way, you should become more persistent, so that you would not find yourself giving up.

65. Believe in yourself, even if others don't.

There may be times in your life when your friends or colleagues tell you that you cannot do something, or tell you that you are making the wrong decision. When you firmly believe in yourself, then their comments would not shaken your confidence. Aside from that, it can make you stronger in achieving your hopes and dreams, so that you can prove to them that they are wrong.

