



TOP TIPS TO REACH YOUR SELF IMPROVEMENT GOALS

FROM PROJECT: IMPROVE ME!

The Most Common Self-Improvement Goals

- ★ Be healthier and lose weight
- ★ Exercise more
- ★ Find Your Purpose in Life
- ★ Improve On and/or Acquire More Skills
- ★ Improve and/or Form Relationships
- ★ Be Committed and Face Challenges
- ★ Improve Your Self-Esteem
- ★ Be More Positive



Before getting started on our improvement journey, always remember: Nobody is perfect! We must be realistic and know we will probably never meet ALL of the goals we set for ourselves. I have a hard time with failure, so if I set my goals to an unrealistic level, it really affects my self-esteem and motivation. So, to help with this feeling, here are some common cliches that are true and helpful to remember.



Tips to Reach Specific Self-Improvement Goals

Now that you have some positive vibes flowing from the tips above, the following pages will provide tips to reaching more specific goals.

Become More Fit and Healthy

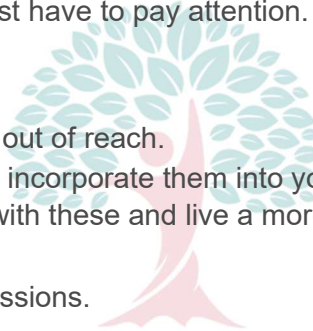
- ❖ Cut down on eating, but if that's not possible, then add more fruits and vegetables. It's better to fill up on those than junk food!
- ❖ Eat slower and chew more. Let your body digest and tell you when it is full. It usually takes 20 minutes for your brain to catch up with your stomach. So, less food will enter your body after 20 minutes if you slow down.
- ❖ Don't starve yourself or be so strict that it's impossible to succeed. Eat your favorite foods, but in smaller portions and on an occasional basis,
- ❖ Remove temptations by getting rid of all the bad stuff to eat around you and fill those spaces with healthy alternatives. It's much easier to reach for an apple, when it's not sitting next to a candy bar!
- ❖ Plan all of your meals ahead of time - and stick to it! Trying to figure out what to eat when you're tired or super hungry will lead to bad decisions (take-out) most of the time.
- ❖ Fill your time with fun and happiness so you don't have time to eat out of boredom or because your emotions have you down. Find other things to fill the void that food fills for you now.

Get More Exercise

- ❖ Use the stairs instead of elevators, escalators, etc.
- ❖ Park farther away from any place you go to force yourself to walk more.
- ❖ Make any physical activity a social event by bringing your friends and family along.
- ❖ Get a dog and walk it regularly.
- ❖ Join a team sport
- ❖ Find some physical volunteer work to do
- ❖ Get up earlier to do some simple exercises like jumping jacks, push-ups, crunches, etc.

Find Your Purpose in Life

- ❖ Listen to your heart, or your gut. Choose the one you trust the most and has helped you in past in positive ways.
- ❖ Figure out your strengths and focus on those, not your weaknesses.
- ❖ Write down all your successes and achievements, no matter how big or small.
- ❖ Look for careers in various locations to see if anything excites you to learn more about it. These can be found on TV, YouTube, really anywhere, you just have to pay attention.
- ❖ Be mindful of anything that inspires you.
- ❖ Follow up on your own ideas.
- ❖ Create a list of things you want to achieve, even if they seem out of reach.
- ❖ After you figure out your strengths and passions, find ways to incorporate them into your life on a regular basis. You could find a way to make a living with these and live a more satisfied life.
- ❖ Think outside the box and find creative ways to enjoy your passions.



Acquire More Skills for Success

- ❖ Practice to improve on any skill you want. Practice makes perfect (or close to it.)
- ❖ Take classes.
- ❖ Find a tutor.
- ❖ Practice even more. The skills or talents you want will come in time but you need to work on it, because we aren't born with them.

Improve Personal Relationships

- ❖ Remember, it's ok to make the first move and break the ice with new people. So, smile and make eye contact with new people that you are interested in getting to know.
- ❖ Be positive and complimentary. It makes others feel good to hear something nice about themselves and to be around good energy.
- ❖ Do something nice for another person. Kindness goes a long way in helping others feel good about themselves and the world.
- ❖ Determine how to fix current relationships you want to improve. Just remember, you can't change other people. So, you can only change yourself to improve those relationships, if you really want to keep them.
- ❖ Spend more time with people that matter and less time with those that don't.
- ❖ Make sure that time is quality time. Don't get distracted by outside influences, like phones and other life issues. Just enjoy the time spent together. Those other things will be there when you are done.
- ❖ Focus on the other person's great qualities and remind yourself why you want this person in your life.
- ❖ Try to have a true give-and-take relationship. Never take too much or let others take too much from you.
- ❖ Forgive the past. If you have decided you want to keep a person in your life, then you need to look forward and forgive them for any past transgressions.
- ❖ Don't be afraid to bring up tough subjects and talk through them. Express how you feel without placing blame on others.

Commit to Achieve More in Life

- ❖ Step outside of your comfort zone.
- ❖ Set high goals to challenge yourself.
- ❖ Surround yourself with high achievers.
- ❖ Don't be afraid to explore new possibilities.
- ❖ Never stop learning.
- ❖ Make to-do lists and leave encouraging notes for yourself.
- ❖ Face your fears by figuring out what frightens you and just do it.
- ❖ Keeping busy and facing challenges will help us in other areas we want to improve, like being healthier and exercising more.



Improve Self-Esteem and Be Positive

- ❖ Stop comparing yourself to others. We are all different, so there's no need to compare and base our self-esteem on that comparison.
- ❖ Focus on the things you can change. If you can't change it, then there's no sense in wasting time thinking or worrying about it.
- ❖ Remember the things you are good at and are working to improve.
- ❖ Celebrate everything you have been blessed with and your own successes, no matter how big or small.
- ❖ Be confident in yourself and remember you are doing the work to improve yourself.
- ❖ Don't forget that your circumstances in life do not dictate who you are. You have the power to overcome and change yourself.
- ❖ Show kindness and do something nice for others, it improves their life and will make you feel good about yourself.

Things to Remember During Self-Improvement Journey

- ❖ Focus on your inner self and stop judging yourself.
- ❖ Perfection is impossible, so don't stress about your weaknesses or flaws.
- ❖ Beauty really is on the inside - body size and physical looks are not as important as being a pleasant person to be around
- ❖ You don't have to be good at everything! Just focus on what you want to be good at and put your energy and effort into improving that area.
- ❖ The ultimate goal for us all should just be to be better humans. People love good people and will come naturally as you continue the journey of life and self-improvement.
- ❖ Just do you, be kind to others, and enjoy your life!

I hope these tips help get you started and motivated to start or continue your self-improvement journey. I'd love to hear about your wins and losses. If you want to share or see more about my journey, visit projectimproveme.com or send me an email: projectimproveme@gmail.com.

Good Luck!

Project: Improve Me! – Kari Lee

