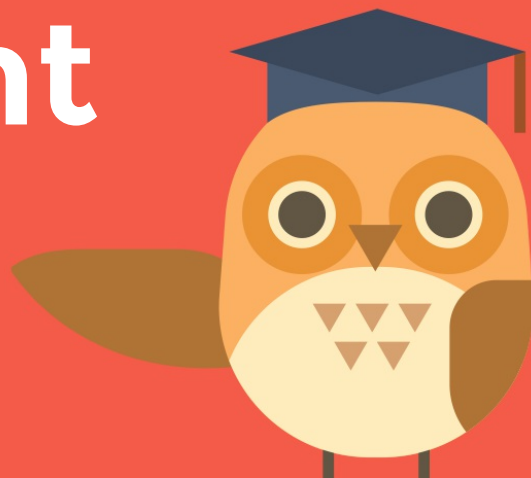
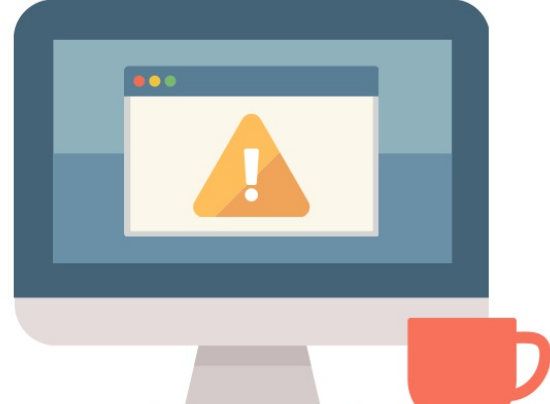


10 Tips for Self Improvement



1 Read a book every day.

Books are concentrated sources of wisdom. The more books you read, the more wisdom you expose yourself to.



2 Take up a new course

Courses are a great way to gain new knowledge and skills. It doesn't have to be a long-term course – seminars or workshops serve their purpose too.

3 Wake up early.

Waking up early (say, 5-6am) has been acknowledged by many (Anthony Robbins, Robin Sharma, among other self-help gurus) to improve your productivity and your quality of life.



4 Have a weekly exercise routine.

A better you starts with being in better physical shape... make it a point to jog at least 3 times a week, at least 30 minutes each time.



5 Stay focused with to-do lists.



start [your] day with a list of tasks [you] want to complete and this helps make [you] stay focused. In comparison, the days when [you] don't do this end up being extremely unproductive.

6 Get into action.



The best way to learn and improve is to take action. What is something you have been meaning to do? How can you take action on it immediately?

7 Stop watching TV



it's a very liberating experience.



8 Meditate.

Meditation helps to calm you and be more conscious.

9 Start a business venture.



Starting a new venture requires you to be learn business management skills, develop business acumen and have a competitive edge.

10 Commit to your personal growth.



I can be writing list articles with 10 ways, 25 ways, 42 ways or even 1,000 ways to improve yourself, but if you've no intention to commit to your personal growth, it doesn't matter what you write.