

30 Habits for a Better Life

Small Wins. Big Changes. Daily Consistency.

| Morning & Momentum

- Wake up 30 mins earlier
- Drink water immediately
- Make your bed
- Set 3 micro-goals

| Productivity & Focus

- Use the 2-minute rule
- Plan the night before
- Pomodoro (25/5 focus)
- Say 'No' more often
- Declutter one thing daily
- Use timers when working

| Mindset & Growth

- Read 10 pages a day
- Write 1 gratitude sentence
- Meditate for 5 minutes
- Positive affirmations
- Learn one new word
- Write down biggest goal
- Reflect on one win at night

| Health & Energy

- Stretch 2 mins every hour
- Stand 10 mins every hour
- Limit sugar intake
- Step outside for 10 mins
- Eat one more vegetable
- Smile intentionally
- Deep breaths when stressed

| Digital & Social

- No screens 30 mins before bed
- Cut 1 digital distraction/week
- Unfollow 1 negative influence
- Limit news intake
- Compliment one person
- Track your expenses

"Don't aim to be flawless, aim to be 1% better than yesterday."