



## **They Make A Difference**

*(Edited & Reproduced)*

*Don't try all of them at once. Start with 2 and stick to them for 4 weeks. The results are incredible. I speak from experience.*

### **1. Move around, first thing in the morning**

Take 5 Minutes to go once around the block before doing anything else. This gets us ready for the day and the air outside reduces stress. Or water and dig around the plants in your garden. If you can't be outside, just put away your clothes of the previous day, straighten the living room or bedroom. A little movement early in the morning makes a big difference – much more than a whole hour of walking in the evening.

### **2. Relax the eye.**

This is where most of the tension builds up throughout the day. Close your eyes and massage your temples, eyebrows, and upper cheekbones. 1 Minute each. Then stretch your body and open your eyes widely. You will immediately feel more relaxed.

### **3. Maintain a list of things that motivate you or make you happy.**

It's incredibly difficult to come up with fun/motivating things to do when you feel very low, which is when you actually need them the most. We all feel low and depressed at times. It is a natural process.

Keep a list around of the things you believe in and are willing to use when you feel depressed. Write down the things that actually make you feel motivated and happy. Check out the list when the going gets tough and you won't stay negative or unmotivated for longer than you choose to.



#### **4. Accomplish 3 things every day**

No more, no less - just 3 things that you *must* do today. Do these three things no matter what and celebrate when you finish them – by either having a piece of chocolate, or a cup of coffee, or simply doing a jig. Three is enough to get ahead in life.

Start small, with simple things which you feel may very slowly make your life better. In fact, take things from this list. When they start working, you yourself will move on to bigger things. And the tiny sense of accomplishment it gives you at the end of the day is stupendous.

#### **5. Plan your daily ‘feel good’ feeling**

When we look at our schedule for the day we need to see something fun there. Something we really look forward to. It may be in the early part of the day, in the middle or after wrap up. Just go to the mall and hang around. Meet a friend for coffee. Play a crazy game with your child. Make that dress design that has been running around in your head or try out that ice cream everybody has been talking about, or just sit on the balcony and read an awesome book.

The point is that if we do something every day that we thoroughly enjoy, the quality of our life becomes better. Something that makes our day go from average to great! Looking at a schedule that has no room for fun always makes us less inclined to follow through with it and makes us feel life is a drudgery.

#### **6. Jump/Dance/Laugh**

Movement gets the blood flowing, adrenaline pumping and releases a lot of the built-up tension we pick up throughout the day. Dance to your favorite music or jump as though your favorite team just won the championship. Do that at least once a day. Or share a joke and laugh as if your ribs will crack.

Here, it might be added, that being around people with a sense of humour and wit always makes the day seem better than it actually is. It might be a friend, a teacher, a person in your apartment building or your Uber driver. Anyone.



## **7. Develop Weirdness**

Forget about the world for a second and just do what you want to do. Be weird when you are alone and you will grow more comfortable being weird with others. Shimmy in your office chair as you listen to your favorite music, laugh out loud to videos you watch alone, and dance as if no one is watching, make faces at yourself in the mirror, or plan, *only plan*, practical jokes. I promise you that you will feel more free every day.

## **8. Smile a bit more**

To yourself, others and actively in the mirror; Give a smile to the world! Not only do we look better smiling, it also makes us feel better every time we do. Try this sometime – your mood is not too good and you are feeling irritable. Just go in front of the mirror and give yourself a small smile. It really changes your mood and things don't look so bad after all.

## **9. Do things with emphasis, from your heart.**

Don't just say "Hello" to somebody or "Thank you" like every other mindless zombie. Give it a little twist, really mean it, meet people's gaze or make it special and different in another way. Put some honest emphasis on these things and your entire attitude will change. And once you start doing this consciously, it will slowly become an unconscious habit and change your personality.

## **10. No phone in bed**

Your bed is not the place for your phone. Get into the habit of not taking your phone to the bed. Once you are in bed, read, chat, hum or think. Don't check your phone first thing or last thing in the day. Having your phone nearby makes you waste more time and makes it harder to fall asleep. Buy old fashioned alarm clocks. Do not use the phone alarm.



## **11. Drink More Water**

Besides the usual health benefits, dehydration prevents us from thinking with clarity. It produces a constant sense of unease throughout the body and makes us restless without us even noticing it. Other symptoms may be irritability, fatigue, lack of concentration and calmness.

## **12. Shorter, more frequent breaks increases productivity**

You do not need a 2 hour lunch break, a 1 hour work break or a 30 minute bathroom break. Instead of taking a couple of big breaks, take more 5 minute breaks with a couple of 15 minutes breaks spread throughout.

But, when you *do* take those breaks, really TAKE A BREAK! Occupying your mind with doing other things still uses up brain power. Just sit for a minute and take deep breaths and try to focus your mind on the sounds or things going on around you, simply as an observer; you'll feel more recharged than you think.

## **14. Send a message to at least 1 Person a day you really like to be in touch with.**

We all know the famous "Out of mind out of sight" adage. And we all regret letting some relationships slide. Don't live with that regret and send someone a nice message every day.

## **15. Sit in Nature**

Find a bench, turn off your cell phone, and just sit. Listen to the sounds, the leaves rustling, the birds chirping, or the faraway roar of traffic - watch the things happening in front of you and be still for 10 minutes a day.

## **16. Write down your Thoughts when you get them**

So many brilliant ideas get lost because we forget them and so much extra stress is



added to our lives because we forget the small but crucial things we need to do. If you are even remotely forgetful, keep a pen and small notebook handy so that none of your brilliant ideas die without a fight, or important little things remain undone.

### **17. Keep a Planner & interact with it often**

Your schedule is your tool to use. It's not your Master or your Boss. Plan out your day, change things on the planner as they change in real life and keep using it to get the most productivity, time and happiness out of your day.

### **18. Take 5 Minutes a Day to De-clutter**

If you're a fan of long, time-wasting, exhausting cleaning sessions then ignore this. You need to take only five minutes a day to do a daily de-cluttering.

Five minutes a day may seem strenuous over time, since you need to do it every day, but it takes far less energy and keeps your environment clean for far longer than doing a full cleaning session every week. And you always feel better when your work space and living space is clean.

### **19. Clean out your Closet**

You do not need as many clothes as you currently possess. Keep a small checklist of what you wear most often. If there are clothes you haven't worn in a year, unless they have sentimental value, get rid of them. You are never going to be the size that you are waiting for – to wear them.

Not only will this make you feel more organized but it also opens up the possibility of owning new clothes!!!

### **20. Do a bit More**

“Just five more minutes!” “five more minutes of working”. “five more minutes of exercise”. “five more minutes of improving yourself”.



Procrastinate on the next part of your agenda, on the breaks and on your hobbies and do just five more minutes of work. This trick works when you procrastinate on your work, so why can't you use it the other way around to get more done?

## **21. Sit and Read**

You must have heard the phrase: "Knowledge is Power"? Ever wonder why CEOs read a book a week on average? Ever thought about what it is that you don't know that makes others successful? Books open up entirely new worlds. Choose your genre, read different genres at different times. If you start reading a book a week your life will never be the same!

## **22. Plan 48 hours in advance**

Planning at least two days ahead gives you the same feeling as when you come home and most things you needed to take care of are already done; it's one less thing you have to worry about because it's already taken care of! There might be emergencies or sudden change in plans. Even if that happens, you feel strangely in control.

## **23. Affirm yourself Daily**

"Whatever the mind can conceive and believe, it can achieve" - Napoleon Hill

"The mind is everything. What you think, you become" – Buddha.

Your self-image changes your life miraculously, and unless you put in the work to make yourself the way you want to be, you will stay stuck being who you are. On the other hand, just imagine how great it would be to become your own hero!

## **24. Invest in the Moment**

Give this very moment 100% of what you have. Remember that you only get to live this moment once in your life. Every moment therefore is a "once in a lifetime" opportunity. When you invest everything in the moment, be it cleaning



your table, or spending time focusing at work, it will feel more fulfilling. Try it out for the next 7 days.

Moreover, you really don't know when it all can suddenly stop, completely. Let then, this very moment be a good moment before the curtains come down.

**Train your mind!!!**