

My 5-Steps To Improve Your Lifestyle.



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To become a better version of yourself, you need to start by taking one step at a time. Your mindset & your actions play a vital role in deciding who you want to become or what you want to achieve.

breathe

□ Step 1

Start with changing your habits.

1. Keep your phone aside after you have finished reading.
2. Avoid scrolling through social media without any agenda.
 1. Avoid watching channels with no productive learning.
 2. Spend quality time with your loved ones, every day.





Step 2

- Avoid sitting on a sofa or couch or bed.
- Make a small space of your own, where you can have some me time.
- Create a small desk or sit on a chair with a desk to write on.

Getting in a comfortable position makes you feel tired or sleepy. Your mind is at rest and your productive energy falls slowly.





Step 3

Write 3 Goals or ambitions or plans that you want to achieve.

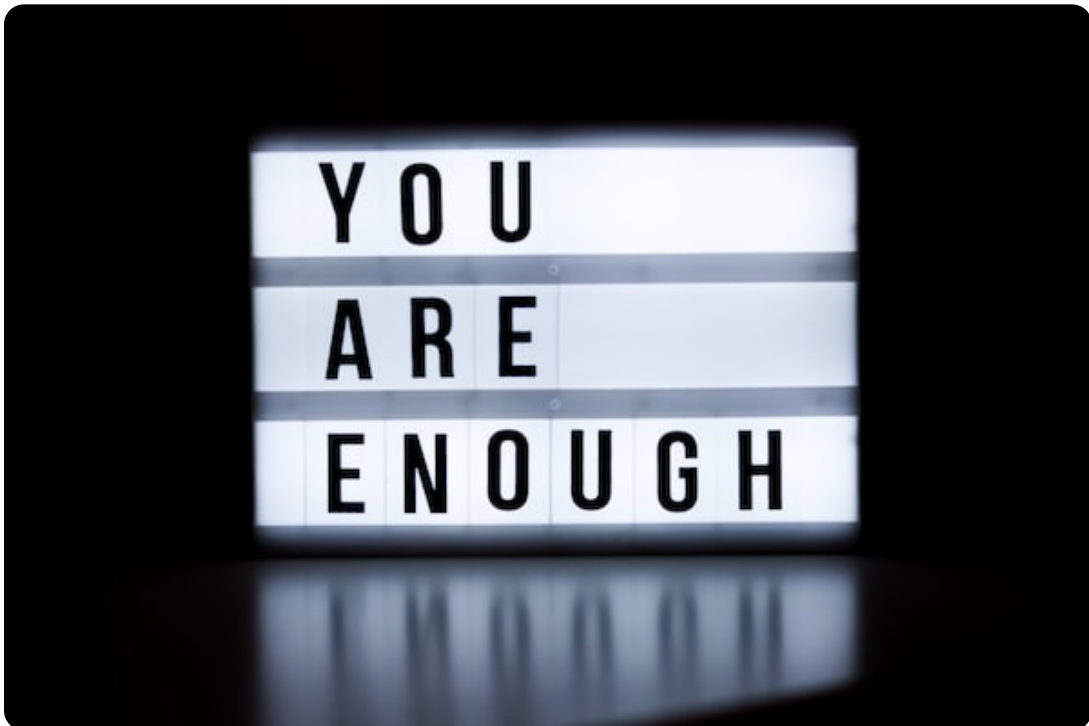
- You can use a piece of paper and pen.
- You can use a chalk board
- You can use a peg board.
- You can use charts, pictures or images to remind of your goals.
- Make sure they are in your plain sight.



Step 4

Every morning look at your Goals list.

- Ask yourself, what is your action plan to take one step closer to your goal today.
- plan small steps to reach your goal.
- a day's plan can turn into a week's plan and then it will turn into a month's plan

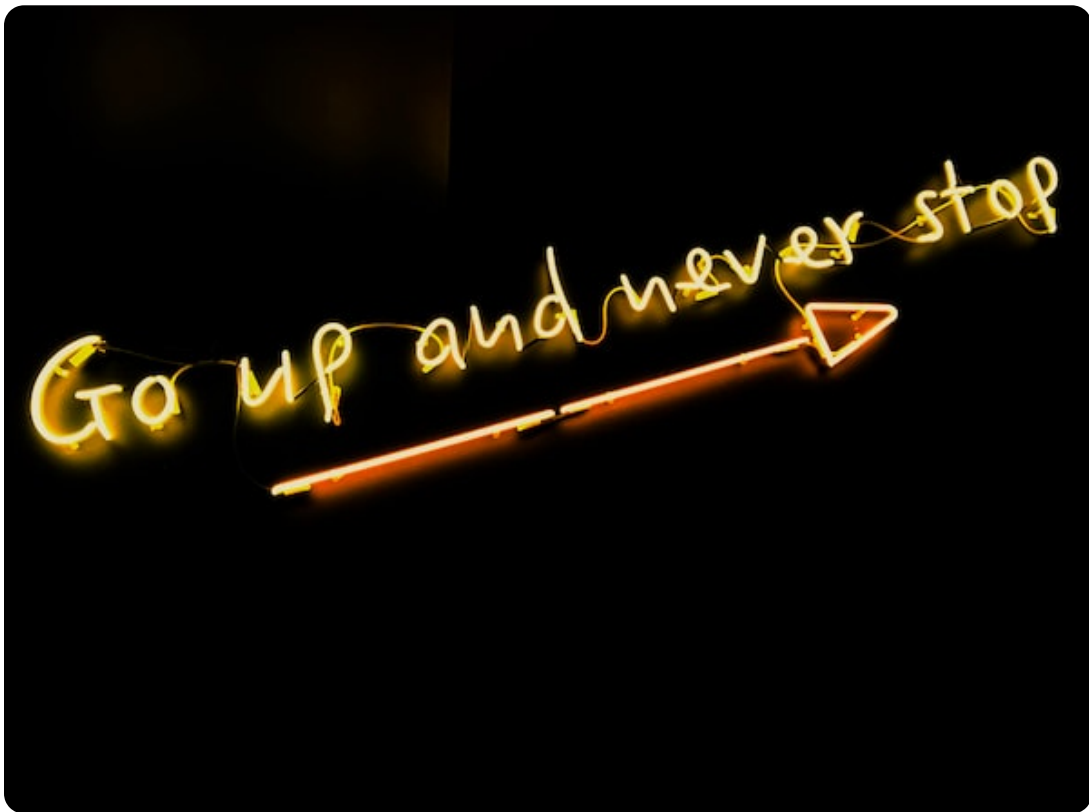




Step 5

Before going to bed ask yourself, if you did enough to reach your goal.

- whenever you take a step forward, treat yourself something special.
- remind yourself, why it is important to reach your goal





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