

60 small steps within 100 days help improve your life

Life changes when you have to change first. And changing doesn't have to be big things but simple, start with the things around you.

"Think big, act small" - Think big, act small. Applying to real life, if you want to change yourself, such as living neatly, neatly, managing time effectively, loving, caring for yourself and everyone more . Start implementing the following 60 small steps strategy now. Certainly, if you apply persistently, you will find yourself much better.

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House



1. Use a pencil to plan to end a 100-day indoor mess with work groups that include things you plan to deal with every day during that period. Such as:

1. Day 1: Rearrange books and magazines.
2. Day 2: Rearranging DVD.
3. Day 3: Rearrange books.
4. Day 4: Rearrange kitchen utensils.

2. Always mind in your head: There is a certain position for everything and everything in their place. In the next 100 days follow these four rules to keep your home tidy:

1. If you get anything, remember to return to the old location.
2. If you open something, remember to close it.
3. If you drop something, remember to pick it up.
4. If you take off your clothes, hang them on the hook.

3. Walk around the house and find 100 items you often ignore to allow them to spoil and fix one thing every day.
For example:

1. A light bulb needs to be replaced.
2. A buttoned shirt was lost on his favorite shirt.
3. Plastic food containers often fall out when you open the cupboard.

Happy



4. Follow the positive advice of psychologists and write down 5 to 10 things that you feel grateful for every day.

5. List a list of 20 small things that you like to do the most and make sure you are doing at least one thing every day for the next 100 days. Your list may be:

1. Lunch outside.
2. Talk to friends.
3. Take a few minutes to sit down and read your favorite author's novel.

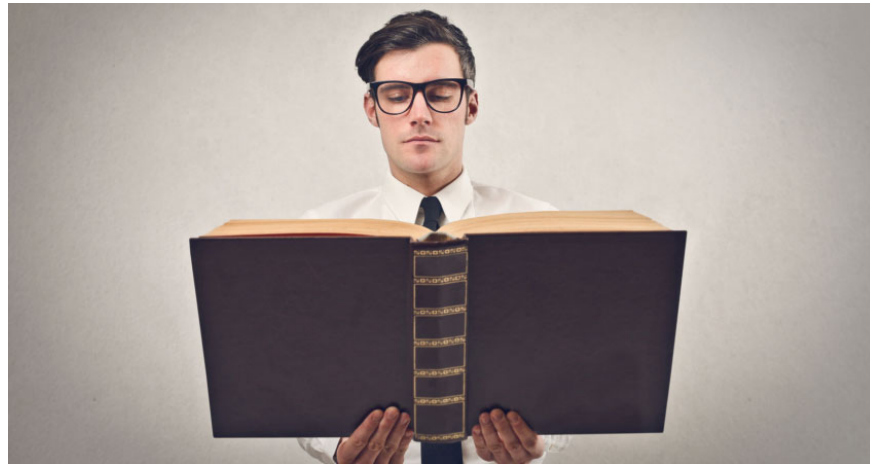
6. Keep a record of your "conversations" with yourself, both negative and positive, within 10 days. Try to be as specific as possible:

1. How many times a day do you feel self-defeating?
2. Do you feel unworthy or not?
3. Do you often think about criticism and criticism of others?
4. How many positive thoughts arise in your mind every day?

Also, write down the feelings that come with your thoughts. Then, in the next 90 days, start changing your feelings in a positive way and try to change the way of "talking" with yourself from another perspective.

7. Smile for real - at least once a day: buy a calendar illustrated with different jokes for each day of the year or try to visit a website with cartoon characters you love prefer.

Self growth



8. Choose a book that requires you to invest your effort and focus, read a little each day and thus read it all in 100 days.

9. Keeping the idea of learning at least something new every day: it could be the name of a flower that grows in a garden, a capital or a distant country, can also be a name Classical music you often listen to in your favorite clothing store when shopping. And if it's time to go to bed, you still haven't figured out what you should learn that day, bring out the dictionary and learn new vocabulary.

10. Stop complaining about whining in the next 100 days. Negative conversations give rise to negative thoughts; Negative thoughts will lead to negative results. In the next 100 days, whenever you feel you are about to make a complaint, immediately stop yourself.

11. Set an alarm a minute earlier every day for the next 100 days. Make sure you get up from the bed as soon as the alarm goes off, open the window and let the sun flood into the room and do some gentle stretching. After only 100 days, you will soon realize that every morning you wake up an hour earlier than the present.

12. Write whatever appears in your mind every morning. This is the way introduced by Julia Cameron and named Morning Pages. You can maintain them on 3 pages and remember to write them yourself. This will help your writing inspiration flow.

13. Always remind yourself, motivate yourself with thoughts, words and images that best match the type of person you want to be, what you want to be and what you want to achieve.

Finance



14. Outline a reasonable spending plan. Track details to each of the next 100 days and make sure you are following the plan.

15. Search the internet for effective saving tips shared by everyone, choose for yourself the 10 most suitable tips and apply them thoroughly for the next 100 days. Here are a few practical tips:

1. Buy groceries in cash and calculate on the spending books instead of using credit cards.
2. Inventory an inventory of leftover items in your home to avoid repeat purchases of groceries.
3. Split the cable line for many indoor TVs.
4. Confirm whether you really need a landline phone in your home.
5. Gather many errands and solve them on the same trip to save gas.

Take notes and keep track of how much money you saved after 100 days of applying these tips.

16. Pay everything in cash and keep all the money you receive, then put all the excess money in the jar. Let's see how much money you can accumulate in those 100 days.

17. Don't buy anything that you don't find absolutely necessary for 100 days. Instead, use the money you have saved by not purchasing unnecessary items in one of the following activities:

1. Settle down debts, if you still have debts.
2. Accumulate them into your emergency fund in the next 6 months.
3. Start a separate fund for investment.

18. Spend an hour every day for the next 100 days working to create a passive income.

Time management



19. Always carry a reminder notebook with you to keep your mind from a mess. Record everything, save them safely somewhere instead of scratching with your head - anywhere you can easily find and decide what to do with them later. For example:

1. Ideas for essays.
2. Appointments.
3. List of things to do.

20. Track how you use your time fund within five days. Then use the information you have gathered to create a time budget plan: the percentage of time you want to spend on each activity you regularly participate in. For example:

1. Move, go back.
2. Housework.
3. Entertainment.
4. Income generating activities.

Note : Make sure you always follow the plan to allocate your time budget set out in the remaining 95 days.

21. Identify a less important activity that you can stop doing in the next 100 days; Instead, take time for more priorities.

22. Finding five things often makes you waste your time, then set your own time limit for such activities every day, for the next 100 days. For example:

1. Watch TV no more than half an hour a day.
2. Spend no more than half an hour each day using Facebook, Instagram or Twitter .
3. Play games for no more than 20 minutes a day.

23. Stop doing many things at the same time; instead focusing only on one thing at a time, not letting yourself be dispersed to other things.

24. Plan all the activities of the next day the night before.

- 25.** Prioritize doing the most important things on the to-do list before doing anything else.
- 26.** In the next 14 weeks, make an assessment each week. In those weekly reviews, answer yourself the following questions:
1. What did you accomplish?
 2. What works well?
 3. Which is not good?
- 27.** Take a few minutes at the end of the day to rearrange your desk, sort out your paperwork to make sure your workplace is always clean and tidy. So you can start a new working day with a relaxed and excited state the next morning.
- 28.** Make a list that includes all the social commitments and obligations you need to make within the next 100 days. Then, use a red pen to remove anything that when done they don't really make you happy or help you on your way to achieving the big goals of life.
- 29.** Whenever you switch to a new activity during the day, at least stop and ask yourself "Is this the best option, worth giving me time to do?" .

Health



- 30.** To reduce 0.4kg weight requires burning 3500 calories. If you reduce your intake of 175 calories every day for the next 100 days, you will be able to lose 2kg of weight after 100 days.
- 31.** Eat three servings of vegetables every day.
- 32.** Eat three servings of fruit a day.
- 33.** Choose a variety of foods that you feel will undermine your healthy eating efforts, whether it's a cake from a fragrant bakery, favorite pizza or potato chips, Please refuse to be straightforward with all those dishes for the next 100 days.
- 34.** Eat with a smaller plate, which gives you better control over your diet.

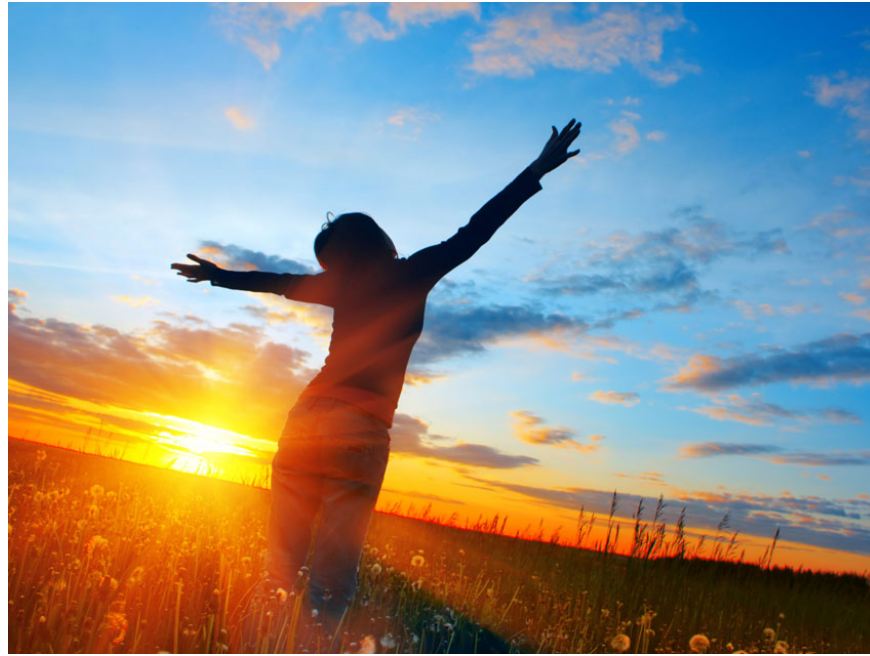
35. Buy 100% natural fruit juices instead of sugar and preservatives.
36. Instead of carbonated drinks, drink filtered water.
37. Write down a list of 10 types of breakfast that are both healthy and easy to prepare.
38. Write a list of 20 ways to make healthy meals and prepare them quickly for lunch and dinner.
39. Write a list of 10 healthy and easy-to-use snacks.
40. Use a healthy list of breakfast, lunch, and dinner to plan meals for weeks to come. Please follow the plan for the next 14 weeks.
41. Keep a eating diary. This helps you determine when you are going out of your planned menu and specifically how much calories you consume in your body.
42. Spend at least 20 minutes a day practicing sports.
43. Set the step counter app for smartphones and walk 10,000 steps daily. Each step you take during the day will be counted gradually for up to 10000 steps:
 1. When you walk, get a motorbike.
 2. When you go to the market.
 3. When you go from the desk to the toilet.
 4. When you come to see a colleague to discuss the work.
44. Set up a weight chart and hang it in the bathroom. Every week for the next 14 weeks, keep track of the following criteria:
 1. Your weight.
 2. Percentage of body fat.
 3. Your waistline.
45. Set an appointment time for every one ring or set a reminder on your computer to make sure you drink water continuously and regularly throughout the day.
46. **Practice** the habit of meditating, regulate your breathing and visualize each day to calm and calm your mind.

Relationships



- 47.** Actively search for great, good things from your lover or mate every day and record them.
- 48.** Make a scrapbook to keep everything you and half will do together in the next 100 days. At the end of the 100th day, let your other half see the good things you wrote about your companion and keep the memories between the two.
- 49.** Identify three things that you will do every day for the next 100 days to reinforce your relationship. For example:
1. Say *"I love you / I love you"* and *"Have a happy day"* with your other half each morning.
 2. Hold on to the other half as soon as the two of you meet each other when you work.
 3. Spend 20 minutes holding hands and walking together every day after dinner.

Society



- 50.** Connect with new friends every day for the next 100 days, it can be simply a neighbor you have never talked to or followed a new friend on Facebook, leaving a few comments on a blog that you often read but have never left a comment on or anything like that.
- 51.** Always willing to connect with people you admire, respect and desire to become.
- 52.** Whenever someone says words that make you sad, take a minute to think carefully before responding, don't let the temper cause you to lose your composure.
- 53.** Never judge others when you haven't heard the whole story from both sides.
- 54.** Do something good for those around you, even if they're just small things such as simply sending a silent blessing to the path they choose.
- 55.** Always willing to give compliments and recognition to anyone who deserves to receive it.
- 56.** Learn to actively listen. When someone talks to you, stay focused on what they are saying instead of focusing on what you are going to say next. Clearly interpret your perspective with what they say to make sure you don't misunderstand and encourage them to explain more about any point in the story that you don't understand.
- 57.** Learn to empathize with others in the next 100 days. If you don't agree with someone, try once to see the world from their point of view; Put yourself in their place. Learn how to be curious about people around you, about your beliefs and life experiences, their thinking process and making conclusions.
- 58.** Focus on living your life and never compare yourself to the life of anyone else.
- 59.** Find the best possible explanation for the actions of others.
- 60.** Always remind yourself that everyone is trying to do the best they can.

Good luck.

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