

10 Habits that can change your life:

1. Journaling
2. Meditation
3. Working out
4. Read good books
5. Ditch bad company
6. Going out in nature
7. Spending time alone
8. Learning a new skill
9. Starting a Side Hustle
10. Spending time with family

Start cultivating them. You can be whoever you want to be, and live the life of your dreams. The only thing that is keeping you back is yourself and your mind. Once you realize this, you can go as high as your dreams go.

Here are 11 atomic habits that will help you do so:

1. Try to be rejected more:

- a. Every day, reach out to 1 or 2 people who you'd like to work with (even if you know they won't respond.)
- b. You might not hear back at first, but eventually, you will get a response from someone.
- c. You got nothing to lose, but potentially a lot to gain.

2. Practice diverting your attention.

- a. When you have a self defeating thought, the solution isn't usually to mull on it until you arrive at a conclusion.
- b. You should distract yourself with something productive.
- c. Focus on something that helps you, not negative thoughts.

3. Curate your sphere of influence.

- a. The people you spend the most time with have a significant impact on who you will become.
- b. Take a serious look at people around you and who you follow online.
- c. Notice what their presence on your newsfeed does for you.

4. Choose comfort for your future self over comfort right now.

- a. If you want to change your life, you need to start considering the needs and wants of your future self over the ones you have right now.
- b. Commit to making choices for the benefit of your future self.

5. Be more responsive.

- a. As often as you are able, respond to important emails as they come in.
- b. If someone sends a text, answer it when you see it.
- c. This will ensure that you aren't left with a backlog of work that needs to be taken care of later.

6. Be less reactive.

- a. When you see or hear something that immediately enrages you or upsets you, before reacting to it and pouring your energy into it, question it.
- b. Learning to take that micro pause between a stimulus and your response will change the way you look at everything.

7. Take action when you want to do something.

- a. In Mel Robbin's The 5 Second Rule, she explains that what holds people back are those few seconds between having an amazing idea, and when your brain interferes.
- b. You need to act on your ideas before you convince yourself not to.

8. Take action when you don't want to do something.

- a. Just because you do not feel like doing something does not mean you are incapable of doing it.
- b. Your feelings do not impact your ability.

9. Practice saying "no."

- a. You should not feel bad about saying "no" to some things.
- b. It is ultimately a means of self-preservation.
- c. Since our energy is limited each day we should make sure it is only going toward something that we truly care about.

10. Read more.

- a. How much you read is directly related to your self growth.
- b. And your self-growth is directly related to your external success.
- c. If you can't get through a book, that's okay; listen to an audiobook/ podcast.

11. Begin each day by asking yourself: "How can I change my life today?"

- a. Get into the habit of thinking that coming hours are filled with potential for you to take actions that will change your life forever.