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The final update on Nov. 4, 2020 self-improvement is not to change big mind-blowing; It might be really simple steps to improve on what you already have to get where you want to be. However, you will need continuity, determination and willpower to try a few things that will drag and challenge you. Rather than setting your sights way in the future, which leaves you feeling like you'll never make it, you can start following these simple and effective self-improvement steps today. So if you want to have an immediate impact on your life and want to take action, keep reading- you will love these! 1. Be prepared to work hard. As with something in life, if you want to do something, you've got to work hard to get it. That doesn't mean you burn candles at both ends, you being tired and being your personal life in ruins. It only means that when you want to do something badly, you'll have to put in time to get there. The action which is important here is more 'motivated' action, the better the result in the end. 2. Make sure you have friends you can talk to. Sharing load is important with any self-improvement. It's great if you can communicate with others and get feedback on how you're doing. We all need 'cheerleaders' in our corner leaving us when times get tough, but you also need people who will tell you how it is even when you don't want to hear it. So make sure you have a good support network around you, especially those whose opinions you respect. 3. Think more of them rather than adapting to your circumstances. Sometimes we can collide in tough times. You may have lost your job or your partner has left you. Instead of analyzing the situation, learn to adapt to your circumstances and accept them. It's not about creating your own circumstances in some sort of a play; Remember, what you focus on detail means you'll get more of it. You then don't become your own problems and you will feel a lot less burdened by them. 4. Make sure you use your time wisely. Time is of the essence, some might say; While others say time is an illusion. One thing we know is that you have a life on this planet, so how you use that time is of the utmost importance. So how can you use your time wisely? Only you know how to do that, but see how you currently spend your day: Do you sit working all day, go home, eat and then sit slumped in front of the TV for the rest of the evening? This is precious your time on earth, so isn't it time to use the time you've left? Try something new, go for a walk, learn a new language or meditate but make sure it's something you absolutely love. 5. Always stay consistent. Self-improvement is an amazing way to make changes to how you work. For example With friends, are you always incredible who bend just before an arrangement? Or you're someone who's starting a new exercise And then it stops doing it in 3 weeks? Whatever it is and whatever you do, always be consistent. Stick to that when you make a commitment. This will improve your life immeasurably you will feel more confident and happy with yourself, especially because you will know that whatever you deal with, you will be able to do so constantly! 6. Go and find your happy place. No, I'm not calling myself a place as going on popping into my local bar or restaurant and on my favorite drinks or food. What I'm saying is to find out what you love to do, what makes you happy and go there. Your happy place is a place where you find peace, where you lose yourself and feel satisfied. Meditation is a great way to find your happy place: It brings you back and ensures that you are always living in the present moment. 7. Make sure you embrace all your emotions. In life you will know that it throws you some tough challenges, sometimes it will take your fears out and take you into uncertainty, and other times it will rejoice. It is important to embrace all the emotions that come into your life, hug them wholeheartedly and understand why they are there and then let them go. Don't try to dismiss or resist them because remember that what you oppose persists, so embrace them every time. Always be ready to get out of your comfort zone. The idea of stepping out of your comfort zone for some people may leave you paralyzed with fear. Although to change any in your life, your comfort zone will always have to be stepped out. It's not like something big to be, a sky dive or just as crazy doing something. However, it's worthwhile to change something that you once feared, like going to the cinema on your own or eating in a sushi restaurant when trying raw fish which would usually mean you running to the hills thought of. So try something new - it's not to be wacky, but it's challenging you! 9. Be on hand to help others. Whether it's helping a stranger on the street or a family member or someone else in their time of needing a friend, lending a helping hand is an amazing and simple self-improvement. Giving to others is beneficial not only to those you are helping but also beneficial to yourself. It can give you a sense of purpose, a sense of contribution and also takes your mind about your own troubles and concerns. 10. Live in the present moment. An amazing self-improvement tool to live in the present moment, is to live in now. It is within this moment that you see all that you appreciate and beauty in the simplest of things. To be conscious of your current circumstances and bring your mind back to where it is, there will be a happier way of life rather than constantly worrying or stressing about the past or future - both of which do not exist. Only the present moment exists. When you get used to living that way, you'll never want to go back! 11. Learn something new. Learning There is nothing so liberating in new; It can lift both your confidence and self-esteem and give you a great reason to meet new people. If you constantly elevate your brain activity by learning something new all the time, you'll feel at the top of your game and share the knowledge you've learned. There's not much empowering as learning a new tool in life that can either improve your circle of friends or raise confidence levels— or both! Reading is also a great way to help you learn something new. 12. Exercise daily. It seems to be an obvious one, but exercise is very important not only for your health but also for your soul. We all know that after exercise, the world can feel a brighter and more positive place, so why don't we do it more often? Exercise is not about getting the right body or losing weight; It's more about feeling good inside and out! A healthy mind comes with a healthy body-so start something today. Even if it's just a daily walk, it's better than staying on that couch, again. 13. Visit new places, travel a little. I'm not saying go fly to some distant forgotten land - though you can if you so wish. It's more about moving to new places and experiencing life outside your own back yard. Many of us live in one place often. We only see one people, the same roads and the same things to do every day. If you want to improve your life, get out there and see the world and what it can offer. You can start by visiting a city or city that you have never visited in your country and can check out the architecture, landscape and people. Anything new is good, so get out there! 14. Listen to uplifting music and dance. If there's one thing that can really improve your life and you get excited about it, it's great uplifting music and listening to dance. When was the last time you really let go? Hang it all loose and get into a piece of music and let yourself go? Dancing, like exercise, makes you feel great. It releases all kinds of emotions and you can feel unbelievably good. Self-improvement isn't all about serious stuff; It can be something as simple as finding new music, music that inspires you and you have to dance and have fun! 15. Wake up before normal. This is the last one, and it is the last because it is one of those self-improvement tips that we all know is a good thing, yet we seem to avoid it at all costs! If you think about it, the early part of the day is when your brain is most active because it has been closed for the last 7 hours. So don't you think it's best to top up all those things in the morning? Things like exercise, meditation and dancing, which can be done in the first part of the day. Take it from me: This morning stuff can really start your day with a bang! 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