

32 Self Improvement Tips to Skyrocket Your Success in 2020

Personal Development

- Start Now
- Be Intentional
- Be Accountable
- Get A Mentor
- Embrace Challenge
- Love Thyself
- Pay Attention
- Disconnect
- Make and keep promises
- Seek Support

Time Management

- Plan Ahead
- Don't Procrastinate
- Prioritize
- Say No
- Delegate
- Eliminate Distractions
- Time Track

Self-Love & Self-Care

- Eat Well
 - Hydrate
 - Sleep Well
 - Exercise
 - Meditate
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Get Checked

Self-confidence & Self-esteem

Use Affirmations

Thank Yourself

Forgive Yourself

Focus On What You Can Change

Positive Energy

Goal Setting

Define Your Goals

Clarify Priorities

Set Deadlines

SWOT Analysis

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