

# 32 Self Improvement

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## Personal Development

- 1. Start Now
- 2. Be Intentional
- 3. Be Accountable
- 4. Get A Mentor
- 5. Embrace Challenge
- 6. Love Thyself
- 7. Pay Attention
- 8. Disconnect
- 9. Make and keep promises
- 10. Seek Support

## Time Management

- 11. Plan Ahead
- 12. Don't Procrastinate
- 13. Prioritize
- 14. Say No
- 15. Delegate
- 16. Eliminate Distractions
- 17. Time Track

## Self-Love & Self-Care

- 18. Eat Well
  - 19. Hydrate
  - 20. Sleep Well
  - 21. Exercise
  - 22. Meditate
  - 23. Get Checked
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## Self-confidence & Self-esteem

- 24. Use Affirmations
- 25. Thank Yourself
- 26. Forgive Yourself
- 27. Focus On What You Can Change
- 28. Positive Energy

## Goal Setting

- 29. Define Your Goals
- 30. Clarify Priorities
- 31. Set Deadlines
- 32. SWOT Analysis

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