

101
SELF-IMPROVEMENT
TIPS

NEXT LEVEL REBEL

Self-improvement and personal development changed my life.

When I got into self-improvement at the young age of 15, my life transformed. Everything got better. I was happier, healthier, more attractive and determined to succeed.

Every successful person I know constantly works on improving themselves and it is an integral part of their life.

Here are 101 of the best self-improvement tips that you can implement **today** for a better life.

Don't try to do everything at once. Just pick the tips that resonate with you right now and put them into practice. Think about becoming just a little better every day. Your tiny daily improvements will go a long way and soon compound to massive improvements that will transform your whole life.

Use this list to keep track of all the habits and tips! Read the full post here —> [101 Self-Improvement Tips](#)

SUCCESS

1. Read A Book Every Day
2. Meditate Every Day
3. Wake Up Early
4. Eat That Frog (Do The Most Important Thing Of The Day First
—> Read: *The One Thing** and *Eat That Frog**)

5. Set Yourself up For Success With A Morning Routine
6. Write Out Your Goals Every Day
7. Get Clear On Your Why
8. Repeat Your Goals Every Single Day
9. Make A Plan
10. Track Your Progress - But Don't Get Obsessed Over Results
11. Practice Journaling
12. Start A Gratitude Journal
13. Get Out Of Your Comfort Zone Every Day (*Stop Taking The Easy Road*)
14. Put In An Hour Each Day Towards Building Your Business
15. Share Your Gift With The World
16. Work On Your Craft Daily
17. Study Marketing And Business
18. Visualize Your Perfect Life
19. Upgrade Your Programming (Belief Systems)
20. Act As If (You Already Have It)
21. Let Go Of Limiting Beliefs
22. Wake Up With A Powerful Morning Mantra

23. Revise Your Day
24. Surround Yourself With The Right People
25. Cut Out Negative People
26. Find A Mentor
27. Keep Note Of Your Ideas
28. Take Risks
29. Always Give 110%
30. Produce Value

HEALTH

31. Optimize And Clean Up Your Diet
32. Optimize Your Sleep
33. Optimize Your Hormones
34. Supplement Your Nutrition
35. Use Natural Personal Care Items
36. Stay Hydrated
37. Be Active Every Day
38. Improve Your Posture (Read our *Posture Guides*)
39. Take Care Of Your Feet
40. Do Myofascial Release

41. Get A Standing Desk
42. Learn How To Shit Correctly (Use a *Squatty Potty**)
43. Block The Harmful Blue Light (Use *f.lux* or *blue blocking glasses*)
44. Do Oil Pulling
45. Breathe Deeply
46. Grow Your Face (<https://youtu.be/TY3bIMRKil8>)

FITNESS

47. Start Exercising Regularly
48. Start Lifting Weights (Use *The Golden 7 Exercises To Build Muscle*)
49. Work Out Intuitively
50. Focus On The Body Parts Other People Neglect (e.g. Neck, Forearms and Calves)
51. Start A Training Log

STYLE

52. Dress For Success
53. Develop Your Own Style
54. Get A Damn Haircut
55. Take Care Of Your Grooming (e.g. *Eyebrows*, Beard, Skin etc.)

FINANCES

56. Start An Online Business (e.g. Shopify, Affiliate marketing, Social Media Marketing Agency, Blog, Personal Brand)
57. Sell Stuff That You Don't Need
58. Do Not Buy Things That You Don't Need
59. Live Below Your Means
60. Set Yourself A Budget And Plan Your Finances
61. Save At Least 10% Of Your Income
62. Avoid Debt At All Costs
63. Invest Your Money Into Cash Producing Assets

DATING & RELATIONSHIPS

64. Learn The Fundamentals Of Game And Attraction
65. Go Out And Talk To Women (Approach Women On The Street)
66. Talk To Everyone You See
67. Give Genuine Compliments
68. Treat People Better
69. Hold Eye Contact Like A Boss
70. Increase Your Masculine Energy (*Be On Your Purpose*)
71. Work Out Your Sexuality (e.g. *NoFap, Testosterone, Kegels*)

LIFESTYLE

72. Quit A Bad Habit

73. Cultivate A Good Habit

74. Stop Watching TV

75. Stop Watching Porn And Jerking Off (Check out *NoFap*)

76. Spend Time Alone

77. Live In The Present Moment (Read *The Power Of Now*)

78. Exercise Your Decision Muscle

79. Deal With Stress The Right Way

80. Listen To Uplifting Music

81. Learn A New Language

82. Learn A New Skill (e.g. Juggling, Chess, Piano, Guitar, Drawing)

83. Work Out Your Brain (Use *Lumosity* or *Neuronation*)

84. **Overcome Your Social Media Addiction**

85. Dominate Social Media (Read: *Crushing It!**)

86. Live The Kaizen Lifestyle (*Get a little better every day*)

87. Give As Much As Possible

88. Develop Your Core Values

89. Go Into Monk Mode (*Radical Self-Improvement*)

PRODUCTIVITY

90. Create The Perfect Work Laboratory
91. Set Up Your Workspace Ergonomically (*Ergonomic Mouse** & *Keyboard**)
92. Take Frequent Breaks
93. Listen To Binaural Beats (e.g. <https://youtu.be/oh-dcCeR-r4>)
94. Listen To Audio Books (Use *Audible**)
95. Never Use The Snooze Button Again
96. Eliminate Time Eaters (TV, Video Games, Errands etc.)
97. Declutter And Organise Your Environment (Clothes, Files etc.)

MINDSET

98. Let Go (*Read This Article On Letting Go*)
99. Learn To Forgive Others
100. Forgive Yourself And Release Guilt
101. Be A Rebel (*START HERE!*)

That's it! Slowly implement these habits in your day to day life and see your life transform in front of you over the course of the next couple of weeks. Hell, you will even see some big improvements immediately but the real improvements will come if you stick with it for longer.

As always, BE A REBEL!

— Dan

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