Winning Habits

Visualization

Visualize your day, this doesn't have to mean creating an exact, timed plan, but rather a to-do list and visualize what you would like to achieve / briefly outline your day.

Growth Mindset

Also known as *Internal Locus Point Of Control* , Scientifically proven to increase work ethic, feel generally happier and embrace failures. Remember *Every Cloud Has A Silver Lining*, learn to embrace and work the Fails. Failure isn't the opposite of success, but part of it.

Meditate

Train your brain to work what you want. Helps develop mindset and focus on task at hand.

Taking Action

Inactivity leads to further Inactivity. Activity leads to further activity. Successful people take action and don't wait for opportunities to come to them. Stay proactive in pursuing your goals don't afraid to take calculated risks.

5 Acts of Kindness

Trains your brain to scan the positive, increases your self-confidence and embraces your caring values

Winning Moves

Briefly outline the steps to achieve your end-of-the-day goals. Define what you want to achieve and create a plan to get there. Write down your goals and break them down into smaller, more manageable tasks.

Practice Time Management

Winning Habits (cont)

Practice time management: Manage your time effectively by prioritizing tasks, setting deadlines, and avoiding distractions. Create a schedule and stick to it.

Home Management

Bedroom Solutions

Home Management (cont)

Declutter your bedroom
Remove any unnecessary items that are taking up space and creating a sense of chaos. Keep only the essentials and find storage solutions for everything else.

Invest in quality bedding
Choose comfortable and breathable bedding materials that will promote a good night's sleep. Replace old pillows and mattresses as needed.

Control the lighting
Use window treatments to control the amount of natural light that enters your bedroom. Install dimmer switches or use soft lighting to create a relaxing ambiance.

Keep it clean
Clean your bedroom regularly to maintain a fresh and healthy environment. Vacuum the floors, dust the surfaces, and change the bedding often.

Establish a bedtime routine
Create a relaxing bedtime routine to signal to your body that it's time to sleep. This could include reading a book, meditating, or taking a warm bath.

Keep technology out of the bedroom
Avoid bringing your phone, laptop, or other electronics into the bedroom. The blue light emitted by screens can interfere with your sleep patterns.

Control the temperature
Keep your bedroom at a comfortable temperature that promotes restful sleep. Use a fan or air conditioning if necessary.

Create a relaxing atmosphere
Use calming colors, textures, and scents to create a peaceful atmosphere in your bedroom. Incorporate elements that make you feel relaxed and comfortable.

Kitchen Tips

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Home Management (cont)

Plan your meals in advance
Take the time to plan out your meals for the week ahead of time. This will help you make healthier choices and save time and money by avoiding last-minute takeout orders.

Meal prep
Spend a few hours each week prepping your meals in advance. This can include chopping vegetables, cooking grains, and prepping protein sources. This will make it easier to eat healthy throughout the week.

Stock up on healthy snacks
Keep your pantry and fridge stocked with healthy snacks like nuts, seeds, fruits, and veggies. This will help you avoid reaching for unhealthy snacks when you're hungry.

Invest in quality kitchen tools
Invest in high-quality kitchen tools like sharp knives, a blender, and a food processor. These tools will make meal prep easier and more efficient.

Make use of leftovers
Don't let leftovers go to waste. Use them to make new meals throughout the week or freeze them for later use.

Keep your kitchen clean and organized
A clean and organized kitchen will make it easier to cook and eat healthy. Take the time to clean up after each meal and keep your pantry and fridge organized. [TIP], make sure to clean as you go. e.g waiting for the water to boil, start washing previous cutlery used.

Stay hydrated
Keep a water bottle nearby and aim to drink at least 8 glasses of water each day. Staying hydrated will help you feel more alert and energized throughout the day, and can also help you make healthier food choices.

Living-Room Tricks

Home Management (cont)

Use a rug to define the space
A rug can help define your living room space and add a cozy feel to the room. Choose a rug that fits the size of your space and complements your decor.

Choose versatile furniture pieces
Opt for furniture that can serve multiple purposes, such as a coffee table that can double as extra seating or storage.

Add plants for a natural touch
Plants can add a natural touch to your living room and help purify the air. Choose plants that thrive in low-light conditions if your living room doesn't get a lot of natural light.

Layer lighting for ambiance
Use a combination of overhead lighting, floor lamps, and table lamps to create a layered lighting effect in your living room. This will help create a cozy and inviting atmosphere.

Mix and match textures
Mixing and matching textures can add visual interest to your living room. Experiment with different textures, such as a plush rug paired with a leather sofa.

Use mirrors to create the illusion of space
Mirrors can help make your living room feel larger by reflecting light and creating the illusion of more space.

Display artwork to add personality
Displaying artwork on your living room walls can add personality and visual interest to the space. Choose pieces that complement your decor and reflect your personal style.

Daily Health Habits

Exfoliate or dry skin brushing
Use a gentle exfoliant once or twice a week to remove dead skin cells and unclog pores, can also dry brush; use counter-clockwise, circular strokes, going against hair growth direction.

Chew sugar-free gum
Chewing sugar-free gum can stimulate saliva production, which helps neutralize acid, prevent tooth decay and strengthen jaw muscles, giving a more prominent attractive look.

Stick to a sleep schedule
Try to go to bed and wake up at the same time every day to regulate your body's natural sleep-wake cycle. Getting enough sleep can help your skin repair and regenerate overnight, as-well as managing hormone production, growth. Try get 7-9 hours sleep, use sleep calculator, to see when you should wake up for complete sleep cycle, and get a free sleep cycle alarm, waking you up in your light sleep; best way to wake up feeling awake and positive.

Avoid touching your face
Touching your face can transfer bacteria and dirt from your hands to your skin, leading to breakouts and irritation.

Stay hydrated
Drink plenty of water throughout the day to stay hydrated and support your body's functions.

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