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## Hygiene worksheets pdf

Hair, skin, dirt, snot, warts, fungi, pimples, dirt and dirt - basically human detritus. It's just a part of life, we can't deny it. The body does all sorts of funky things, and so, we find ways to deal with it. Some of life's greatest hacks and inventions are born out of the daily need of body care, and that's what the personal hygiene guide hopes to share. Last updated on November 4, 2020 Are you someone who likes to grow? Are you constantly trying to improve yourself and get better? If you do, then we have something in common. I'm very passionate about personal development. It was only 4 years ago when I discovered my passion for development and helping others grow. At the time, I was 22 and in my final year of university. As I thought about the meaning of life, I realized there was nothing more important than chasing a life of growth and improvement. It's through improving ourselves that we get most out of life. After a year and a half actively pursuing growth and helping others grow through my personal blog development, I realize that there is never an end to the journey of self-improvement. The older I get, the more I realize there's so much out there that I don't know, so much I need to know. Sure, there's always something about ourselves we can improve. Human resources are limitless, so it is impossible to get to the point of non-development. Whenever we think we're good, we can get even better. As a passionate supporter of development, I am constantly looking for ways to self-improve. I have compiled 42 of my best tips that could be helpful for your personal development journey. Some of them are simple steps that you can join right away. Some are larger steps that take conscious effort to act on. Here it is:1. You read a book every day. Books are concentrated sources of wisdom. The more books you read, the more wisdom you're exposed to. What are some books you can start reading to enrich yourself? Some books I've read and found useful are Think and Get Rich, Who Moved My Cheese, 7 Habits, The Science of Getting Rich and Living the 80/20 Way.When you read a book every day, it will feed your mind with more and more knowledge. Here are 5 really good books to read about self-improvement.2. Learn a new language. As Singaporean Chinese, my main languages are English, Mandarin and Hokkien (a Chinese dialect). Interestingly, I took language courses in recent years, such as Japanese and Bahasa Indonesian. I realized learning a language is a new ability altogether and the process of familiarity with a new language and culture is a completely mind-opening experience.3. Take a new hobby. Aside from your usual favorite hobbies, is there anything new you can get? Any new sports you can learn? Examples include fencing, golf, climbing, football, canoeing or ice skating. Your new hobby can also be an entertaining hobby. For example, pottery, Italian cooking, dancing, wine appreciation, web design, etc. Learning something requires you to stretch in various aspects, whether physically, mentally or emotionally. Here are 20 hobbies to get you some new ideas.20 productive hobbies that will make you smarter and happier.4. Take a new course. Is there a new course you can take part in? Courses are a great way to gain new knowledge and skills. It doesn't have to be a long-term lesson - seminars or workshops serve their purpose too. I've been to a few workshops and they helped me gain new knowledge that I hadn't looked at before. In fact, anyone who wants to be a smarter student should take this 20-minute FREE class: Spark Your Learning Genius. It will help to overcharge your learning ability and get any skill faster!5. Create an inspired room. Your environment sets the mood and tone for you. If you live in an inspiring environment, you are going to be inspired every day. In the past, I didn't like my room at all because I thought it was messy and boring. A few years ago, I decided this was the end of it – I started on a Mega Room Revamp project and reviewed my room. The end result? A room that I totally like to be in and inspires me to be at my peak every day. Photo Credit: Source.6. Overcome your fears. We all have fears. Fear of uncertainty, fear of public speaking, fear of danger... All our fears keep us in the same position and prevent us from growing up. Recognize that your fears reflect areas where you can grow. I always think of fears as a compass for growth. If I have a fear of something, it represents something I still have to deal with, and dealing with it helps me grow. Learn how to overcome your irrational fears (which stop you from succeeding).7. Level up your skills. If you've played video games before, especially RPGs, you'll know the concept of leveling - gaining experience so you can be better and stronger. As a blogger, I'm constantly leveling up my writing skills. As a speaker, I am constantly leveling my public engagement skills. What skills can you level up?8. Wake up early. Waking up early (say, 5-6am) has been recognised by many (Anthony Robbins, Robin Sharma, among other self-help gurus) for improving your productivity and quality of life. I feel it's because when you wake up early, your mindset is already set to continue the momentum and proactively live out the day. Not sure how to wake up early and feel energetic? These ideas will help: How to get motivated and be happy every day when you wake up.9. You have a weekly routine exercise. You better start to be in better physical shape. I make a point to jog at least 3 times a week, at least 30 minutes at a time. You may want to mix it with jogging, fitness classes and swimming for variation. Check out these 15 tips to restart the exercise habit (and how to keep it). Photo credit: Source.10. Start the manual of your life. A life manual is an idea I started three years ago. Basically, it's a book that contains the basics of how you can live your life to the fullest, such as your purpose, your values and your goals. Kind of like your life manual. I started the handbook of my life from 2007 and it is a critical catalyst in my progress.11 Write a letter to your future self. What do you see five years from now? Are you going to be the same? Different? What kind of person are you going to be? Write a letter to your future self - 1 year from now will be a good start - and seal it. Make a date in your calendar to open it a year from now. Then start working to become the person you want to open this letter.12 Get out of your comfort zone. Real growth comes with hard work and sweat. Being very comfortable doesn't help us grow up, it makes us stagnate. What's your comfort zone? Do you stay most of the time? Do you keep in your space when out with other people? Shake your routine. Do something different. By exposing yourself to a new context, you literally develop as you learn to act in new circumstances.13 Have someone challenge you. Set a challenge (weight loss, exercise, financial challenge, etc.) and compete with an interested friend to see who achieves the goal first. Through the process, both would earn more than if you were to just set up the goal.14 Identify your blind spots. Scientifically, blind spots refer to areas that our eyes are unable to see. In terms of personal development, blind spots are things about ourselves that we don't know about. Discovering our blind spots helps us discover our areas of improvement. One exercise I use to discover my blind spots is to identify all the things/events/people that activate me in a day – activation concept makes me feel annoyed/weird/affected. These represent my blind spots. It's always fun to do exercise because I discover new things about myself, even though I can already think I know my own blind spots (but then wouldn't blind spots be?). Some people on the approach will be friends, family, colleagues, boss, or even acquaintances, since they will have no predetermined bias and can give their feedback objectively; learn more about how to request feedback and become a fast learner here!16. Stay focused with to-do lists; I start my day with a list of tasks I want to complete and it helps me stay focused. , the days when I don't do this end up being extremely counterproductive. For example, part of the my to do today is to write a guest post on LifeHack.Org, and that's why I'm writing this now! Since my job requires me to use my computer all the time, I use free sticky notes to manage my to-do lists. It's really simple to use and is a freeware, so I recommend you check it out.17 Set big hairy bold targets (BHAGs). I'm a big fan of the BHAGs setting. BhaGs stretch you beyond your normal capacity as they are large and and - you won't think about trying them properly. What are bhags that you can start, which you will feel absolutely on top of the world once you finish them? Set them up and start working on them. Learn how to use smart target to become extremely successful in life.18 Recognize your flaws. Everybody's got flaws. The most important thing is to understand them, identify them and deal with them. What do you think your flaws are? What are the flaws you can work on now? How do you want to deal with them?19. Get in on the action. The best way to learn and improve is to take action. What's something you wanted to do? How can you take action on this immediately? Waiting doesn't do anything. Taking action gives you instant results to learn from.20. Learn from people who inspire you. Think of the people you admire. It's a man who inspires you. These people reflect certain qualities that you want to have for yourself? How do you obtain these properties?21. Stop a bad habit. Are there any bad habits you can lose? Oversleeping? Don't you work out? Are you late? Loitering? Nail biting? Smoking? Here are some great tips from Lifehack's CEO on hacking your habit loop to break bad habits and build good ones: How to Break a Habit and Hack the Habit Loop.22. Cultivate a new habit. Some good new habits to cultivate include reading books (#1), waking up early (#8), exercising (#9), reading a new personal development article by day (#40) and meditation. Is there any other new habit you can cultivate to improve yourself? If you're wondering how to make good habits stick, check out these tips: 18 Tricks to Make New Stick.23 Habits. Avoid negative people. As Jim Rohn says, You are the average of the 5 people you spend most of your time with. Wherever we go, there are bound to be negative people. Don't spend too much of your time around them if you feel they are dragging you down. Not sure who the toxic people are in life? This article can help you: 10 toxic faces you just need to get rid of.24. Learn to deal with difficult people. There are times when there are difficult things you can't avoid, like in your workplace, or when the person is part of your inner circle of contacts. Learn how to deal with them. These people management skills will go a long way in working with people in the future: How to deal with negative People.25. Learn from your friends. Everyone has amazing qualities in them. Depends on how we want to exploit them. With The friends around you will have things you can learn. Try to think of a good friend now. Just think of a quality they have that you want to adopt. How can you learn from them and adopt this skill for yourself? Talk to them if you have to. Sure, you'll be more than happy to help!26. Start a calendar. Journaling is a great way to gain better self-awareness. It's a process of self-reflection. As you write, clarify your thought process and read what you wrote from a third person gain more knowledge about yourself. Your calendar can be private or an online blog. I use my personal blog development as a personal magazine too and I have learned a lot about myself through the past year of blogging.27. Start a blog about personal development. To help others grow up, you have to walk the conversation first. There are expectations from you, both from yourself and from others, that you must support. I run the Personal Excellence Blog, where I share my personal journey and ideas on how to live a better life. Readers are looking to my articles to improve, which requires me to continue to improve, for myself and for the people I reach.28 Get a mentor or coach. There's no quicker way to improve than having someone work with you on your goals. Many of my clients approach me to train them in their goals and achieve significantly more results than if they had worked on their own. If you're looking for a mentor, don't miss these tips: What to look for in a good Mentor.29. Reduce the time you spend on chat programs. I realized having chat programs open to default effect in a lot of lost time. This time it can be spent much better on other activities. On days when I don't talk, I do a lot more. I usually turn off the automatic startup option in chat programs and start them when I want to chat and really have time for it.30 Learn chess (or any strategy game). I found chess to be an amazing game to learn strategy and hone your brainpower. Not only do you have fun, you also get to exercise your analytical skills. You can also learn strategy from other board games or computer games such as Othello, Chinese Chess, WarCraft, and so on.31 Stop watching TV. I haven't watched TV for pretty much 4 years and it's a very liberating experience. (Here are 10 reasons to turn off your TV) In return, the time I've freed from not watching TV is now used constructively for other purposes, such as connecting with close friends, doing the job I like, exercising, etc.32. Start a 30-day challenge. Set a goal and give yourself 30 days to achieve this. Your goal may be to stick with a new habit or something you've always wanted to do, but not having 30 days is just enough time to plan, get into action, review and nail the target.33. Meditation.Meditation helps to calm you down and be more conscious. I also realized that during the nights when I meditate (before I sleep), I need less sleep. The clutter clearance process is very liberating. Try this 5-minute Meditation Guide: Anywhere, Anytime.34. Join toastmasters. Interestingly, public speaking is the #1 fear in the world, #2 is death. Since I started speaking publicly as a personal speaker/development instructor, I have learned a lot about how to communicate better, present myself and engage people. People. is an international organisation that educates people in public speaking. Check out the Eastmaster clubs closest here.35 Be friends with top people in their fields. These people have achieved their results because they have the right attitudes, skill sets and know-how. How better to learn from the people who were there doing this? Get new information from them about how you can improve and achieve the same results for yourself.36 Never mind the past. Is there any complaint or unhappiness from the past you've kept? If so, it's time to let it go. Keeping them prevents them from moving on and becoming a better person. Get away from the past, forgive yourself and move on. Only recently, he finally moved on from his heartbreak past 5 years ago. The result was liberating and very empowering, and I've never been happier.37 Start a business. Is there anything you're interested in? Why not turn it into a project and make money while learning at the same time? Starting a new venture requires you to learn business management skills, develop business insight and have a competitive advantage. The process of starting and developing my personal development business has equipped me with many skills, such as self-discipline, leadership, organization and management.38 Be kind to the people around you. You can never be very nice to someone. In fact, most of us don't show enough kindness to the people around us. Being polite helps us cultivate other qualities such as compassion, patience and love. As you return to your day after reading this article later, start to exhale more kindness to the people around you, and see how they react. Not only that, notice how you feel as you treat others kindly. Chances are, you'll feel even better than yourself.39 Reach out to the people who hate you. If you ever stand for something, you'll have the choice of haters. It's easy to hate people who hate us. It's a lot harder to love them back. Being able to forgive, let go and show love to these people requires magnanimity and an open heart. Is there anyone who dislikes or hates you in your life? If so, approach them. Show them love. Look for a resolution and get closure for past complaints. Even if they refuse to retaliate, they love them all the same. It's a lot more liberating than hating them back.40 Take a break. Are you working too hard? Self-improvement is also about recognizing our need to take a break to walk the longest mile ahead. You can't drive a car if it doesn't have Scheduling time for yourself is important. Take time off for yourself every week. Relax, rejuvenate and charge yourself for what's ahead.41 Read at least 1 personal development article a day. Some of my readers make a point to read at least one personal development article every day, which I think is a great habit. There are many amazing personal development blogs out there, some of which you can check out here.42 Commit to your personal life can write list articles in 10 ways, 25 ways, 42 ways or even 1,000 ways to improve yourself, but if you have no intention of committing to your personal development, no matter what you write. Nothing's going to pass. We are responsible for our personal development - not anyone else. Not your mom, your dad, your friend, me or Lifehack. Start your development by selecting some of the steps above and working on them. The results may not be immediate, but I promise you that as long as you keep it, you will begin to see positive changes in yourself and your life. So here you are, 43 stable ways to self-improvement. Pick one or a few to start doing today. If you want to see yourself improve, you need to take some action. 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