NFP

WISE & WELL

January Is Making Self-Improvement Stick Month

Three Ways to Boost Self-Improvement

The start of a new year serves as an opportunity to set new goals and commit to better habits. The small habits you prioritize now can lead to huge gains!

1. Take breaks from digital screens.

Balance your free time by minimizing screen time. Get creative, hang out with friends, explore nature or read a book.

2. Start a journal.

Daily journaling can help you set goals and explore thoughts and emotions in a more creative and secure way.

3. Clean your space.

A clean space can be a huge mood booster. Spend 10 minutes a day clearing out old receipts or clothes.

Source:

cnet.com
passionforbusiness.com
berkeleywellbeing.com