

EXAMPLES OF GOOD HABITS

Relationships:

- Regular dinners with family.
- Buying little gifts for your loved ones.
- Spending quality time together.
- Practice gratitude.
- Complimenting people around you.

Health and well-being:

- Wake up and go to bed early.
- Daily meditations or praying.
- Drinking more water.
- Eating healthy.
- Exercising regularly.
- Not using the phone before bed.

Organization:

- Make your bed every morning.
- Clean up after eating.
- Organize your notes and files.
- Keep your desk in order.
- Clean your house every week.

Finances:

- Pay bills on time.
- Invest regularly.
- Write down all expenses.

Personal development:

- Set monthly and yearly goals.
- Make notes on every seminar and lecture.
- Learn new things every year.
- Read more books.

Professional development:

- Start working 15 minutes earlier.
- Don't check your emails too often.
- Manage your time.
- Review to-do lists regularly.
- Forget multitasking.
- Establish boundaries.
- Take breaks during the day.

Habits for students::

- Track and use your peak performance hours.
- Find a mentor.
- Surround yourself with inspiring people.