

19 ways to improve yourself and become unstoppable



1. **Do things that scare you** and push you outside your comfort zone often.
2. **Prioritize who you surround yourself with** above almost everything else.
3. Take longer and longer stretches with your phone on **airplane mode**.
4. **Ask others for feedback** often and across different aspects of your life.
5. **Batch tasks**, only checking email, social, etc. a few times each day.
6. **Move your body everyday** (even a simple walk beats nothing).
7. **Do mental exercises** – learn to meditate effectively.
8. Start every day with your **top 3 priorities** and focus on those first.
9. **Quit things** that aren't working for you.
10. **Learn basic investing** and work to save a little every month.
11. **Unsubscribe from emails, delete apps, cancel subscriptions.**
12. **Practice daily gratitude**, reflecting on three things you're grateful for.
13. Make **7 hours of sleep** a nightly commitment you do not break.
14. Move away from constant judging yourself or someone else's story.
15. Replace doom scrolling with **educational podcasts, videos or books.**
16. **Say no** much more often and quickly.
17. **Set clear goals**, write them down and measure targets.
18. **Don't complain**, don't blame, don't make excuses.
19. **Fuel family first** – it's the one place where you can't be replaced.