

इतना तो कर ही सकते है ना, खुद के लिए

As you review this list of good habits to practice daily, remember that you're always in a position to make a good change. You'll become a healthier, more productive, more successful and last but not least more peaceful too.

If you found this article helpful, please don't "like" Comment and share **until** you did not implement it on yourself, because purpose of this article is not to just spread over but it more important to make everyone more punctual and discipline. So let start with ourselves first what say????????

1. Exercise on alternate days. Don't do it daily. You may suffer from painful muscle cramp.
2. Play some games or puzzles which require the use of good amount of brain like Chess, Sudoku, etc.
3. Participate in every competitions or activities. Don't feel shy. Don't hesitate. Just give your best.
4. Deactivating from social media will do nothing. Just limit your screen duration.
5. Read books as much as you can. But try to implement its knowledge in your life too. Just reading will do nothing.
6. Have small friend circle. Just keep 1- 2 best friends. And keep connected to others as a colleague, not as a friend.
7. Don't compare yourself with others. Break your own limits; break your own records daily.
8. Write something on any topics, about your life or incidents daily. It will improve your writing skills.
9. Write down the three to five most important tasks to accomplish for the day.
10. Write down at least one thing you're thankful for. It only takes a couple of minutes but I am sure it will give you long lasting happiness and Satisfaction and this both things are key to success.
11. Read your favorite inspirational quote daily and speak the same for two or three time believe me while speaking in public place if you speak the same as habituate tone it impact on public very unique and make you realized how extraordinary you are .
12. Perform a random act of kindness. (It could be something as simple as giving someone a genuine compliment or giving up your seat on the bus.)
13. Update your calendar with key dates and events, it will make you more punctual.
14. Perform focused deep breathing for two minutes. It is scientifically proven to reduce stress and even increase willpower.
15. 13. Exercise for at least 15 minutes.
16. You may not have time to hit the gym for an hour or two, but everyone can find 15 minutes in their day to exercise.
17. Don't be assistant of your phone; make your phone as your personal assistant. Set up your phone so that you receive reminders for things you have to do. With a reminder or task like **to do list**, you can turn your phone into your personal assistant.
18. Break down a big task into several smaller ones.
19. At the end of each day, take the time to look back and reflect on what happened during the day.
20. Whenever you face a problem, ask yourself: "What is one thing I can do right now to make the situation better?"
21. Give at least 15 minutes to your family daily. Family is one of the most important things in the world, so don't take it for granted.

Regards

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