

# 99 Habits For a Better Life

by SHINESHEETS.COM

- Wake up early.
- Plan your day.
- Relax or meditate daily.
- Eat at least 1 healthy meal every day.
- Have a break after every hour of work.
- Spend some time alone daily.
- Smile to yourself when you look in the mirror.
- Always set your priorities.
- Stretch a little several times a day.
- Eat without looking at your phone or TV.
- Get to know yourself.
- Play positive games.
- Don't smoke.
- Drink only in moderation.
- Have a skin care routine.
- Deep condition your hair once a week.
- Take care of your nails.
- Drink more water.
- Learn to do your taxes.
- Have a birthday list.
- Spend less time on mindless internet browsing.
- Wash your dishes after eating.
- Make your bed in the morning.
- Do your laundry every morning.

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Start your growth story.

- Hang your clothes after wearing (or put them in a laundry box if needed).
- Keep your home clean.
- Buy home decor items to cheer up your space.
- Give yourself at least 1 compliment a day.
- Encourage yourself at least once a day.
- Track your medication or vitamins.
- Write a thought diary.
- Brush your teeth twice a day.
- Plan at home leisure activities.
- Go on a small trip at least once a week.
- Have a daily 15-minute walk.
- Have a gratitude diary.
- Make lists of everything (things to do, things to see, shows to watch, things to buy...)
- Always write down your ideas.
- Plan the calls you need to make.
- Prepare clothes for the next day.
- Have your teeth checked.
- Challenge yourself every month.
- Research countries you want to visit.
- Play games together with your loved ones.
- Listen to self improvement podcasts.
- Track your sleep & dreams.
- Declutter your closet regularly.
- Establish a clear work/rest regime.
- Grow plants everywhere.
- Change your tablecloths regularly.
- Always try to turn around negative thoughts.

- Get natural light daily.
- Clean your windows twice a season.
- Clean your oven regularly.
- Plan your meals.
- Wash your floor regularly.
- Read psychology books or magazines.
- Act confident (even if you aren't).
- Plan your next month.
- Research new music once in a while.
- Workout 30 minutes a day.
- Control TV time.
- Have house rules.
- Have Your rules.
- Walk straight.
- Smile to the cashier.
- Visit your loved ones often.
- Visit those who have passed too.
- Call your relatives once a week.
- Research passive income ideas regularly.
- Clean your wall art once in a while.
- Buy a mirror and practice speaking.
- Have a shopping list.
- If you're sick, constantly think about healing & getting better.
- Encourage yourself to stop catastrophizing.
- Take care of your body skin.
- Bathe in oils.
- Use aromatherapy every day.
- Clean your makeup brushes once a week.

- Clean your desk every evening after work.
- Secure your home every season.
- Buy new jewelry once in a while.
- Think of ways to find more friends.
- Take photos everywhere you go.
- Choose uplifting music.
- Track your habits.
- Listen to nature sounds.
- Let in some fresh air every morning.
- Buy safe candles and relax in their light.
- Clean your fridge once a week.
- Talk to someone at least once a day.
- Develop yourself with online courses.
- Pray.
- Play with your pet often.
- Plan your goals.
- Declutter your bag once a week.
- Tame down your anxiety daily.
- Plan your self care.
- Take deep breaths whenever you remember.