

20 THINGS PEOPLE SHOULD DO EVERYDAY



Summary: Here are twenty tips to help you make the most out of each day so that every day is a good day.

Are you ever wondering what you can do to make each day better? You may find that by the end of the day, you are mentally exhausted and don't know how you can improve. Here are some steps to help you find a way to make your days better so you can be more successful and happy each day.

1. Wake up earlier – This improves productivity and gives you time to make a good, healthy breakfast.
2. Make your bed – Going home to a nicely made bed after a long day at work is much more welcoming than a bed with blankets twisted and thrown everywhere.
3. Take time to get ready – Choose a professional outfit, apply makeup or spend a little extra time doing your hair. Whatever you choose to do, take your time and be relaxed.
4. Keep hydrated – Carry a bottle of water with you wherever you go.
5. Stretch – Do some yoga or stretches to stay limber.
6. Exercise – You don't have to go out and do some intense workout. Just walking for even 20 minutes during lunchtime is better than nothing. You can also walk your dog, dance around the kitchen, or run around the block.
7. Listen to music – Make a playlist of songs that make you happy and then listen to them. Also create playlists for your different moods such as meditative, energetic, and more. Make the moods ones that you want to be in not ones that you are in like anger, sadness, etc.
8. Read – Bring a book, magazine, newspaper, or journal with you to read in your spare time.
9. Use manners – When someone does something nice for you like hold a door open, be sure to say “thank you.”
10. Compliment others – Give a compliment to at least one person each day, it doesn't matter who the person is.
11. Help others – When you have the chance, help others. You are surrounded by people at school, work, home, and everywhere that may be in need of help of even just something small.
12. Eat healthy – Choose healthier options like fruit and vegetables over junk food.
13. Have a laugh – A lot of good can come from having a good laugh each day. Spend time with family and friends, go to a stand-up comedy, watch a funny flick, etc. to put yourself in a good mood.
14. Be optimistic – Keeping a positive outlook can make big difference in one's day. Dwelling on the negative will ruin your mood, relationships and chances of having good things happen each day.
15. Learn something new – Make an effort to learn something new every day. It can be as simple as a shortcut on your computer, an interesting fact, or a new skill at work.
16. Stop procrastinating – No matter how badly you don't want to do something, find a way to push yourself and finish what needs to be done. You know you will feel better once you have done at least something.
17. Take time for yourself – Do something just for yourself, something that you enjoy doing.
18. Forgive mistakes – Stop focusing on your mistakes and use them as a time to grow and learn.
19. Be kind to yourself – If you are nice to yourself and love yourself, then everyone else will too. If you are hard on yourself, others will be too.
20. Be true to yourself – Don't try to be someone else because by the end of the day, you will be exhausted from putting on a fake front. Be who you are and be proud of who you are.

What are some things you enjoy doing for yourself each day? Share with us in the comments below.

To learn more about how you can improve yourself, read these articles:

- [8 Things to Do Daily to Improve Personal and Work Life](#)
- [Take Feedback as a Chance to Improve](#)
- [5 Ways You Can Improve in Your Career](#)

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