

The Seven Little Habits That Can Change Your Life

1. Develop positive thinking. Sure, positive thinking by itself won't lead to success, but it certainly goes a long way to motivate you to do the other things required. Focus on this habit first, and you'll have a much easier time with any of the others. Start by becoming more aware of your negative self-talk — do a little tally sheet throughout the day, marking a tally each time you notice a negative thought. Soon you'll recognize them, and you can squash them.

2. Exercise. It makes you feel better about yourself, and more confident. That leads to better success with other positive changes. It reinforces the positive thinking habit — you need to think positive in order to sustain exercise. It relieves stress and gives you time to think — this leads to better mental well-being in your life overall.

3. Single-tasking. You'll be more effective with your tasks and get more done. It's hard to achieve important things if you're constantly switching tasks and distracted by other "urgent" things. You'll be less stressed overall and happier throughout your day.

4. Focus on one goal. Just as focusing on one task at a time is more effective, and focusing on one habit at a time is more effect, so is focusing on one goal at a time. While it might seem very difficult, focusing on one goal at a time is the most powerful way of achieving your goals. When you try to take on many goals at once, you're spreading thin your focus and energy — the two critical components for achieving a goal.

5. Eliminate the non-essential. First, identify the essential — the things in your life that are most important to you, that you love the most. Then eliminate everything else. This simplifies things and leaves you with the space to focus on the essential. This process works with anything — with your life in general, with school and tasks, with emails and other communication.

This will change your life because it will help you to simplify, to focus on what's important, and to build the life you want.

6. Kindness. Yes, kindness is a habit. And it can be cultivated. Focus on it every day for a month and you'll see profound changes in your life. You'll feel better about yourself as a person. You'll see people react to you differently and treat you better, over the long run.

7. Daily routine. It's so simple, but creating a daily routine for yourself can make a big difference in your life. The best routines come at the start and end of the day — both your school day and your day in general. That means, develop a routine for when you awake, for when you first start working, for when you finish your school day, and for the end of your evening.