

# **10 HABITS WHICH HAVE CHANGED MY LIFE**

## **1. READING/STUDY:**

This has opened my eyes to different worldviews and lifestyles. I've found that reading and study are not just activities, but essential companions in my quest for self-improvement.

## **2. DAILY MOBILITY WORK:**

This keeps me feeling loose, flexible, and ready to tackle whatever the day throws my way.

## **3. STRENGTH TRAINING (WEIGHTS):**

It makes me feel strong and capable in everyday tasks, but it's also a totally chill way to boost my confidence and rock that laid-back, unstoppable vibe. I'm levelling up in my own life game, all while keeping things cool and collected.

## **4. WEEKLY GOALS:**

It keeps me motivated and gives me this chill sense of purpose, without making it feel like I'm running a marathon. It's like turning self-improvement into a casual, enjoyable journey that I'm totally in control of.

## **5. WRITING MY IDEAS UP ON MY WALL:**

It keeps my thoughts all in one place, ready for me to explore whenever I feel like it, without any pressure or stress. It's like having a laid-back brainstorming session with myself, turning random sparks into potential game-changers for my personal growth journey.

## **6. PAY SMART PEOPLE TO HELP ME:**

Investing in the wisdom of experts is like treating myself to a personal growth shortcut – it's like having a chill conversation with someone who's totally got my back and can guide me through life's twists and turns, without all the guesswork.

## **7. MEDITATION:**

This is a way for me to find some inner peace and clear out the mental clutter, without any pressure or fuss. It helps me find balance and keep that relaxed vibe in the midst of life's craziness.

## **8. JOURNALING:**

Lets me sort through thoughts, dreams, and all that random stuff in my head, and it's a pretty cool way to track my personal growth journey without any stress. It's where I can reflect, unwind, and maybe even discover a few sparks of insight along the way.

## **9. COLD SHOWERS:**

Amps up my energy, kicks my comfort zone to the curb, and sets a tone for embracing discomfort and personal growth in the most refreshing way possible. It's like a quick and cool confidence boost that I'm totally in control of.

## **10. SCHEDULING:**

Is a way to keep me on track without stressing, ensuring I've got time for all the cool stuff I want to do, while still leaving room for spontaneous chill moments. It's like having my own personal planner that helps me adult without losing my chill.

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