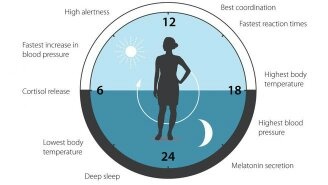


Resource: <https://qr.ae/pNbPYO>

**[What are some daily habits that can change my life?](https://www.quora.com/What-are-some-daily-habits-that-can-change-my-life" \t "_blank)**

1. Take a cold shower in the morning to increase alertness.
2. Similarly, eat an apple in the morning instead of consuming caffeine to increase alertness.
3. Pick your work outfit the night before, so that you don't waste time messing up your closet in the morning.
4. Create your lunch the night before, to give you more time to eat breakfast in the morning.
5. Create food in batches. Put the food in containers and place them in the freezer. Food lasts longer this way.
6. Get into the habit of cleaning as you go. Don't leave the mess to build up. It'll only cause you to feel more stressed and anxious.
7. Don't hoard items. If you don't need something, throw it away.
8. Keep your workspace tidy and file all important information away in an organised manner.
9. Talk about your feelings, no matter how hard it may seem. If you can't talk, write.
10. When you need to reflect or think, take a long walk.
11. Get into the habit of saving money. Put aside a percentage of your earnings every week.
12. Find time for yourself. It's important to let your body rest. Sometimes, it's okay to simply do nothing.
13. Take short breaks during work as this will help you remain focused.
14. Adopt a positive mindset. When something doesn't go your way, learn from it and if it brings you ease, tell yourself that it could have been worse.
15. Engage in meditation, prayer or mindfulness.
16. Read every single day, to increase your vocabulary and to gain knowledge.
17. Ask questions. If you don't understand something, ask for help.
18. Get into the habit of saying 'no' when you need to.
19. Drink plenty of water, every day.
20. Control your junk food intake.
21. Remove make-up before you go to sleep.
22. Eat chocolate in moderation. Or alternatively, eat a sweet fruit.
23. If you don't like water, drink flavoured water.
24. Exercise daily. If you're too busy, take a 10 minute walk.
25. When you're studying, remove all distractions, including your phone. Try to study somewhere, other than your bedroom.
26. If you find social media distracting, deactivate or delete the app. It really isn't that hard.
27. Spend time with those you love. Those are the memories you want to hold on to forever.
28. Try not to think about a past that you can't change. Life is too short to worry.
29. Create checklists. They're super useful and will increase productivity.
30. Try to sleep at the same time, every single day. Your body will eventually become an alarm clock.



Consistency is key. You don't need to follow these habits if you don't want to. They are simply there as a guideline.

Also, they are not hand picked from the web. I simply wrote the habits that I engage in, as they changed my life.

[**Aishah Hannan**](https://www.quora.com/profile/Aishah-Hannan-1)

[July 13, 2018](https://www.quora.com/What-are-some-daily-habits-that-can-change-my-life/answer/Aishah-Hannan-1)

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