



101 Tips for A Better YouPrint

101 Simple Ways to Get The Most Out of Life

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Introduction

Life is what you make of it. However, in order to live the best life possible, you need to look deep within yourself. You need to make sure you are doing everything in your power to make the most of your days.

This involves analyzing your idea of life fulfillment. It involves increasing your chance of success and productivity. Mostly, it involves improving your sense of self-worth.

Creating A Better YouPrint is as easy as simply getting up a few minutes early, rearranging your schedule or letting yourself laugh. However, sometimes it's hard to know where to begin on your journey towards the best version of yourself.

This is why I have outlined 101 tips for A Better YouPrint that will improve your relationships, increase your productivity and enhance your outlook in all aspects of your life. From health and relationships to finance and career, there are tips to help improve your foundation of self and advance your successes in life.



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Health and Fitness Tips for A Better YouPrint

If you don't have your health, you don't have anything. ~Chuck Pagano

There's no better place to start than with your health. After all, health is one of the most important aspects of life. Taking care of your health is the first step on the road to self-improvement.

1. Eat breakfast - Start the day off right with a quick morning breakfast. Fruit and yogurt, granola and milk or whole-wheat toast and peanut butter will ensure you start on the right foot.

2. Relax in the morning - Get up a couple minutes early and savor that extra time. Enjoy a cup of coffee while watching the sun rise; take a few extra minutes to yourself in the shower; or go for a quick brisk walk around the block to get your heart pumping. There's nothing worse than starting your day in a rush. A few minutes in the morning can make a world of difference.

3. Exercise with a friend - Exercise releases endorphins, which can lift your spirits, as well as help you maintain a healthy weight. However, sometimes it can be hard to get out of bed and actually hit the gym. Combining your exercise with friendly chatter can make exercise much more fun. Working out with a friend, whether this is a morning stroll, a spin class, an evening run or anything else, can keep you motivated and revved for the rest of the day.

4. Don't just drink water, enjoy water - Tap water is fine, in most instances, but pure water makes a big difference. It's important to 64 ounces water each day; however, this shouldn't seem like a chore. Add some ice cubes, fresh lemon, or even add a fun straw to make it more indulgent. Water doesn't have to be 'just water'.

5. Take a Multivitamin – I enjoy [Nutraburst](#) from Total Life Changes! It's amazing what 15 ml of a liquid vitamin will do for your health! Multivitamins give your body the nourishment it is lacking. We can't eat perfect balanced and healthy all the time, which is why vitamins were created.

6. Hide (or throw away) the scale - A scale can be a recipe for disaster when it comes to self-improvement. Hide it. Throw it away and don't think about it. You have more important things to worry about than your weight. If you feel great on the inside, then it will show on the outside, regardless of what that darned scale says.

7. Stop Smoking - Quitting is hard; not quitting is even harder. If you are a smoker, start small and get the help you need. Limiting your cigarette intake is the first step to a healthier you and an improved lifestyle.

8. Aim for 30 - Thirty minutes of exercise each day is recommended by health professionals. This includes simple changes to your lifestyle like incorporating a walk into your evening activities, taking the stairs instead of the elevator and riding your bike to work once and a while. As mentioned earlier, doing it with a friend makes it way more fun. Thirty minutes is only 2% of your day!

9. Stretch - Stretching can keep your muscles feeling relaxed and also helps to relieve stress.

10. Follow the food guide - The health professionals made the daily food chart for a reason. Try five servings of fruit and vegetables, 3 servings of dairy and 5 servings of protein each day. Consuming a variety of foods will help you achieve these guidelines.

11. Reward yourself (in moderation) - a weekly treat is necessary for all your hard work to remain healthy. Treat yourself to something you love

like low fat ice cream or chocolate. On the path to self-improvement, there is always time to stop and eat dessert. The only caveat is if you are working on a specific goal.

12. Accept the aging process - Many people have trouble coming to terms with their body's changes as they age. It's important to understand that aging is a natural process. Learn to love your wrinkles, your grey hair and your less-than-tight skin. George Clooney, Harrison Ford, Demi Moore, Sharon Stone and Brad Pitt are all over 40, and they have never looked better!

13. Limit your alcohol intake - Having a glass of wine with dinner is fine; however, when you are drinking a bottle of wine a night, or, even worse, binge drinking, then you are causing serious damage to your body. If you are going to drink, drink responsibly. Make sure you have a designated driver, or call a cab, Uber or Lyft. Drink plenty of water throughout the night.

14. Don't neglect your oral hygiene - Make it a habit to brush, floss and use mouthwash daily. Make a trip to the dentist twice per year too. No one likes going to the dentist, but no one wants to lose his or her teeth either.

15. De-stress - Remaining healthy is not just about go, go, go. You also need to stop, relax and get rid of stress. Stress is unavoidable at some times. The best way to deal with stressful situations is to push away from it for a few minutes, let your body relax, and then tackle it head on.

16. Invest in your bed - You don't need me to tell you how important sleep is. This is why it's a good idea to reward yourself at night with great sheets, a perfectly firm mattress and cozy covers. Your bed is your battery recharger. Make sure it's in tip-top condition. If your mattress is over 10 years old, consider getting a new one.

17. **Get creative with food** - Variety is the spice of life, and this couldn't be truer than in the kitchen. Share recipes with friends, check online cooking forums and have fun with your food. You can still eat a healthy (and affordable) diet that doesn't just consist of brown rice, grilled chicken and salad. Spice it up!

18. **If you get sick, then be sick** - So many people attempt to work through their illness. Stop. If you are sick, then stay in bed. Getting sick is your body's way on telling you that you are working too hard. You will feel better faster if you just accept the illness and take a break. Plus, you will not be contaminating those around you. So grab some ginger ale, Kleenex and the DVD player and let your body heal!

Tips for a Better Spirit, Mind and Soul YouPrint

All that spirits desire, spirits attain. Khalil Gibran

It's not just about your body. In order to improve yourself, you need to improve your mind, spirit and soul as well.

19. **Develop tolerance and patience** - People make mistakes. The first step to finding peace with society and improving yourself is by developing tolerance for those things around you.

20. **Meditate** - Make time to meditate for 15 minutes each day. If you don't like the idea of meditating, practice taking deep breaths once a day. This can help with circulation and ease your level of stress.

21. **Volunteer** - Volunteering for a good cause is not only good for you, but also for others. Find something you are passionate about and look towards volunteering your time or money. There are thousands of charities and organizations that would love your help including the SPCA, Breast Cancer Awareness and the Salvation Army.

22. Discover the Secret - The Secret is not something that everyone buys into. However, some of the messages are vital to A Better YouPrint. You control your own future. I highly recommend [reading the book](#) or watching the movie.

23. Write down your Thoughts – Journal-writing does not sound sexy at all, but writing not only stimulates your brain activity but it also acts as a great de-stressor. As a reformed anti-journaler, I know this to be true. Keep a journal so you can record your thoughts – good ones, bad ones, random ones. Invest in a well-made journal to increase your creative juices.

24. Read – I recommend spending 15 minutes per day reading. This simple pleasure is not just relaxing, it is also stimulating. Read what you like. I'm a personal development specialist, so those books always win for me!

25. Think Positive - Positive thoughts lead to positive results. Surround yourself with positive energy and this energetic vibe will be released into your lifestyle and daily habits.

26. Plan ahead - There are certain things in life that just happen. They are annoying and frustrating, but that's just the way it is. This may include a traffic jam on your way to work or a long line at the post office. If you are prepared for these things, then you will be able to handle these annoying situations a lot better. Give yourself an extra 20 minutes to get to work to allow for the rush hour traffic. Keep a book or music handy to keep you entertained in long lines. It's a lot better for you to be thinking "good thing I planned ahead" rather than honking the horn and swearing for being late or bored and irritated in a long line.

27. Think about a getting a pet - A dog or a cat can provide unconditional love and support, which can lead to a better sense of self. They will lift your spirits in more ways than can be expressed. Dogs can motivate you to exercise and are always around for a cuddle. However,

before you consider a pet, make sure you have the financial security and freedom to look after the constant demands of a pet.

28. Be generous- Selfishness and self-improvement do not mix. Think about others beside yourself and share your wealth. It doesn't have to be financial. You might be an artist or musician. Share your gifts with the world.

29. Stimulate your brain - Grab a crossword puzzle or enjoy the Sudoku in your morning newspaper on the commute to work. These fun little games are quick to do and keep your mind sharp. Scrabble is one of my favorites!

30. Find daily alone time - Between work, the kids, your spouse and your friends, it might seem like you don't get a single moment to yourself. Find that moment. This could just be shutting the doors and taking a 20 minute bath. You need to find time to reflect and relax and this is best done by yourself.

31. Pamper yourself - Getting rid of those daily kinks is vital to A Better YouPrint. The best way to sooth the stress away is with a deep therapeutic massage. If you cannot afford a monthly massage, then look to your spouse or partner and swap massages. Buy oil, light candles and turn your living room into a spa.

32. Drink Tea - Tea has calming powers that can do wonders for your spirit. Try chamomile or green tea and indulge in the tantalizing tastes and natural goodness. My favorite is [Iaso Tea!](#)

33. Smile and make eye contact- Let your facial expressions do the talking. A smile and eye contact with a stranger can release a spark within you and also brighten up someone else's day.

34. Find time to catch up with friends and family - Sometimes our schedule gets so busy that we simply cannot fit in family and friends. This can lead to serious woes and a lack of self-fulfillment. You need to find a balance between work and play. Take a late lunch to catch up with your friends. It's hard to stay in touch but it's important to try.

35. Forgive others - Forgiveness is not as difficult as it sounds. While it can take time to forgive, it all starts with a decision. It is hard to forgive someone, especially if you were really hurt. Forgiving is not letting them off the hook. Forgiving is deciding to not carry the burden of the emotions tied to the event.

36. Let go of past mistakes - The past is the past. In order to have a better foundation of self, you need to move on. Just as you forgive others, you must forgive yourself. Accept that you made a mistake. Attempt to make amends. Learn from the mistake, and then let it go.

37. Invest in Aromatherapy candles – Different scents can definitely help lift your spirits or help you to relax. Aromatherapy candles are not expensive and are worth more than you pay for them!

38. Random acts of kindness - Improve your sense of self by thinking about someone else. Pay for someone's cup of coffee. Buy a random person lunch. Cut your neighbor's yard. The little things make all the difference for improving your self-worth, and lifting other's moods.

39. Stop trying to control the things you simply cannot - This is a big one. The Universe works in mysterious ways. You need to accept what has been given to you and use it to the best of your ability. You can only control your actions and reactions. Acceptance is the key to self-improvement.

Tips for A Better YouPrint in the Work Environment

The work environment is very important in determining how enjoyable work is. ~Kumar Mangalam Birla

Your career takes up more than 1/3rd of your life. Most people work at least 40 hours each week. A successful career directly affects other aspects of your life. If you are not in a work setting that is truly rewarding, it will negatively impact your entire self-worth. It's crucial to take responsibility for your career success which will help direct the areas in which you should improve personally.

40. Ask questions - In order to promote yourself, you need to know what you are doing and what you can do differently. You can start by asking questions. Talk to your boss or a colleague who may be 1 or 2 steps ahead of you. Discuss the things you can do to make the most of your current position and what is necessary to move to the level.

41. Determine your skills - When it comes to creating a better YouPrint in the workplace, you need to take inventory of your skill set. Determine your strengths and which areas need improvement. Determine if you are even in the field you'd like to be in. What interests you? Take the steps to determine where you'd like to go and then develop the skills to get there.

42. Prioritize - It's important to prioritize what needs to be done. Focus on the high value tasks first and then lower value tasks. While it can seem easy to do the simple tasks first, it causes you to procrastinate on the more difficult tasks and decrease your productivity and effectiveness.

43. Keep a schedule - One of the most important things you can do to keep control of your time is to keep a schedule. Many people carry around a diary or a calendar of their daily commitments. Do not just schedule work-related events; keep one step ahead of all your daily chores and

errands. If you see what needs to be done, the workload can be a lot less overwhelming. Just take it one step at a time.

44. Make a To Do list - To-do lists are one of the most effective ways to get things done. Checking things off the list gives you a sense of accomplishment. While I'm calling it by its common name 'to-do list', I really mean a success list. A success list is a 'to-do' list that is prioritized based on the current goal. Make a list of everything, from cleaning the house and laundry, to writing that report and making the presentation at work. Determine the things only you can do, and delegate the rest.

45. Work on the weaknesses - Everyone has areas in which we are weak. That is OK. Some people cannot spell without a computer spell check, others are terrified of public speaking. Determine the weaknesses that you need to develop in order to advance toward your goal, and work on those. You may need to attend a course, put in extra hours and ask for help. Hire someone that complements you in other areas where you're weak.

46. Limit distractions - Attention Facebook, Twitter and Instagram users - step away from the social networking! For those who work in an office environment where you are constantly on the computer (and internet), it can be a challenge to stay away from fun distractions such as games and chatting to friends. Don't use them during your work time. Stay away from gossiping coworkers. Steer clear of these distractions to improve your work ethic. There's a time and a place for distractions, but not while you're working.

47. Take baby steps - Big projects can seem overwhelming at first. If you have to tackle a big project, break it up into smaller sections. A book is really only several different chapters. Only think about the next step. This can make the project a lot less overwhelming and greatly increases your chance of success.

48. **Relax** - It's recommended that you take a few minutes to rejuvenate during the day. Take a short walk or practice deep breathing. This will help relieve any stress you're feeling and increase your productivity. Some people can motor through a 10 hour working day without a break; most people, however, cannot. Use your breaks to their full potential but relaxing and recharging.

49. **Take advantage of your peak time** - Everyone has a certain time during the day that they get the most work done. It's that point where you have the highest amount of will power. For many, this is in the morning. For others, this may be after lunch. Focus on your difficult tasks during your peak time.

50. **Stop procrastinating** - Procrastination is a symptom not a cause. If you find yourself putting off a particular task, stop to ask yourself why. Setting daily goals, using 'To Do' lists and small rewards for a job well done can help you beat procrastination; however, you must gain a moment of self-awareness to understand why you're procrastinating in the first place.

51. **Never stop learning** - It is never too late to continue your education. There are so many different ways to increase your education including online courses, distance education and night classes. Book clubs and other clubs can also increase your brainpower and help with the learning process. If you're not growing, you're dying.

Tips for a Better Financial YouPrint

The only way you will ever permanently take control of your financial life is to dig deep and fix the root problem. ~Suze Orman

Money money money...There's no denying the importance of money and the stress it causes. In fact, one of the main reasons people feel worthless and have low self-esteem is due to money-related issues. With constant economic uncertainty, it's more important than ever to gain control of your financial situation.

52. Establish a budget - Budget is not a bad word. A budget helps you determine where the money will go instead of trying to figure out where the money went. Make sure you include everything from credit card purchases, memberships, insurance, groceries, cab rides and shopping trips. You will be able to determine if you are spending more than you make, and then adjust your spending.

53. Sweat the small stuff - The small stuff adds up. Those daily coffees, those weekly magazines and those monthly gym memberships all need to be accounted for when you look at your finances. Every penny counts.

54. Get help - There's nothing wrong with asking for financial advice. In fact, this is one of the best ways to gain financial freedom and work towards financial and self-improvement. Find a financial advisor who can help you set goals and meet them.

55. [Get out of debt](#) - The borrower is slave to the lender. Debt can be overwhelming. Debt does not have to be a part of life. I believe there are things you will go into debt for - such as buying a house or car. Buying groceries on your credit card can signal financial troubles. Make smart financial decisions regardless of where you are.

56. **'Sale' does not mean 'buy'** - just because something is on sale does not mean you need to buy it. Buying something on sale that you were going to buy anyway is great. Buying something on sale just because it's on sale is not. Everything is 100% off if you don't buy it.

57. **Always Pay the Credit Card** - Better yet, don't use it at all. Isn't it interesting that you earn about 1% interest on your money that the bank uses, but the banks charge you anywhere from 18% and beyond on the money you use? Credit card interest rates are among the highest rates out there. It's really easy to rack up a huge bill and forget about it. However, you will end up paying hundreds, if not thousands in interest, which can lead to more stress, more debt and more insecurity about your financial success. Try to limit your credit card spending for emergency only uses.

58. **Discuss mortgage rates with your bank** - your mortgage and interest rates are not set in stone. It's a good idea to negotiate a better deal every once and awhile. See what's out there; talk to your bank manager; and make the most out of your options. Doing a little research can go a long way in the end.

59. **Ditch the impulsive (and compulsive) buying** - Buying what you need and what you want are 2 totally different things. Impulsive and compulsive buying can lead to buyer's remorse (especially when the credit card bill arrives) which can negatively impact your self-esteem and self-worth. We all love a good shopping trip; but during these tough economic times, it's important to rise above the urge to shop and save for your future.

60. **Do the research** - better deals on insurance, electricity rates and phone plans do exist! You just need to do the research and see if you can bag a better bargain. Because of the intense competition in our economy, many companies are constantly lowering the prices on their services that you need. Take advantage of this by shopping around, comparing rates and using a quote wizard online.

61. Use Savings Accounts wisely - they don't call them 'savings' accounts for nothing! Set up a savings and a spending account. What you do with your savings account is up to you- perhaps you are saving for a holiday; perhaps you are putting money towards the kid's education. Watching your savings account grow month after month, regardless of if you are contributing \$10 or \$1000 is an important step in gaining financial freedom and improving your money issues.

62. Consolidate - Consolidating your debts can be really smart move, especially when debt is starting to consume your life and impact negatively on your self-confidence. Debt consolidation can stop those annoying phone calls and overdue bills. Instead you pay one payment each month for all your different debts combined. It is much easier to manage and you can rest easy knowing that you are getting out of the red. Once you consolidate your debt, don't make new debt.

63. Be grateful for what you have - It is really easy to become envious of the neighbor who is flaunting his brand new swimming pool or your co-worker who just received a \$3000 bonus. Take a deep breath and relax. One of the best ways to improve your financial YouPrint is to be grateful for what YOU have and push past those jealous and frustrated feelings. Focus on your own goals for the financial future, and be happy for others when they achieve success!

64. Swap High Interest for No Interest - one of the great things about the competition of credit cards is that it is possible to get no interest on bank transfers for a period of time. This means you can swap your credit card debt to another financial institution and receive their low introductory rate. You can stand to save thousands of dollars in interest and pay off that looming credit card debt faster. This crafty financial move can leave you feeling proud and smart.

65. Think to the future - We all want to live for right now but it's important to secure your financial future by investing in your retirement.

Contributing to a 401 (k) plan or the equivalent is a way to take responsibility and improve your financial standing. If your employer offers a match, contribute the maximum to take full advantage!

66. Work hard and work smart- Everyone wants to benefit from getting rich quickly. The fastest way to the top of your financial success is through hard work. Hard work also helps to build character and demonstrates your ability to focus on a job and commit to something. All of these attributes are essential to improving your overall quality of life. Work is part of life- a big part, so why not be the best you can at it?

67. Understand your own financial journey - when it comes to our finances, not everyone is treated equal. While some may have to work full time from the moment they leave school, and still are scraping by, others are handed a wad of cash, a house and a car from their parents or grandparents. Wealth is not distributed equally but it's important to make the most of what you've been given. Everyone's financial journey is different. You need to find your own path and follow it as best as you can.

68. [Commit to your financial goals](#) - if you want something, go for it! This can be easier said than done, but there is nothing more rewarding than saving up for something special and then buying it outright. Learning to budget, save and spend wisely are all critical steps a better financial YouPrint.

Family and Relationships Improvement Tips

“You can [make more friends](#) in two months by becoming interested in other people than you can in two years by trying to get other people interested in you.” ~Dale Carnegie

Improving your YouPrint doesn't just affect you. It also impacts your family and others in your sphere of influence. It's important to find the harmony in your family relationships. Furthermore, for those looking for love, self-improvement often goes hand in hand with self-respect. The below tips are meant for both those looking for love and those looking to re-solidify and strengthen their relationship in order to improve their life fulfillment and their self-importance.

69. Go out and have fun - if you are looking to meet someone, you have to put yourself out there. Do the things you love to do- dancing, visiting art galleries, seeing sports games, or going to movies. If you immerse yourself in your hobbies and make the effort to talk to those around you, you will have a much better chance on not only meeting someone, but also finding someone with the same interests as you.

70. Bring sexy back - Looking good on the outside starts with feeling great on the inside. Sometimes it's vice versa! For the ladies out there- schedule a pampering day where you can get your nails done, your legs waxed and your face exfoliated. Treat yourself to a cute outfit and strut your stuff. For the men out there, choose an outfit that is casual cool, get that hair in check and drizzle on your sexiest cologne. If you're married, these things are especially important to keep the romance in the marriage.

71. Respect yourself - and others will follow. If you treat your body, mind and soul poorly, then others will as well. Don't let the opposite sex walk all over you. Stand proud and respect your body and your choices. The one who values you will do the same.

72. **Be on the lookout for love** - for those who lack confidence, mingling, flirting and dating can be a nightmare. However, retreating back to your shell is not going to be any better. You need to push past those fears and go out and mingle.

73. **Don't take it all to heart** - there are good dates, and then there are bad dates. If you let those bad dates get to you, then you will never be able to enjoy those good dates again. Laugh about those awkward pauses and inappropriate comments. Don't take it personally. Take it in stride and remember that every bad date just brings you one step closer to that perfect one.

74. **Get naked!** - The first step to being attractive is to love yourself as you are. For my single people, you need to really love your body in order to feel comfortable. So get naked and jump in front of that mirror- focus on things you love about your body and how you can enhance your best assets. For my married couples, getting naked and feeling sexual is an extremely important part of any healthy relationship.

75. **Give and receive** - relationships are never one sided, or at least they shouldn't be. You need to be prepared to give, receive and compromise on almost every aspect of your life. This means you will have to give up some things and limit some selfish behavior. Understand that sometimes that relationships are not always 50/50. Sometimes you're giving 30% while your mate is giving 70%. It's OK. That's how relationships are.

76. **Make a date and keep it!** - Many couples have trouble finding time for one another, which can lead to a big strain on their relationship, physically and emotionally. This, in turn, can lead to a feeling of failure and a loss of self-worth. So what's the cure? Make time for one another. Set a certain time every day to spend together. This could be as simple as going for a brief walk, a coffee in the morning, or an uninterrupted dinner at night. Make the date, and keep it, no matter what.

77. **Communicate** - you've heard it before. Communication is vital for any strong relationship. Improve your relationship by opening up, letting go and talking about what's on your mind. It can be incredibly therapeutic. Share work stories, discuss movies, admit your feelings- open your mouth and talk. It's equally important to be a good listener.

78. **Schedule singles (or alone) nights as well** - too much together time can actually lead to a strain in your relationship and cause you to lose touch with your inner self. Make sure you still do alone activities as well as activities together. Go fishing with the boys or plan a Wine Wednesday with the ladies. Don't lose touch with that independent streak that makes you, well, you.

79. **Eat dinner together** - for most families, eating every meal together can be impossible. The kids have school, you have work and it's just not going to happen. However, scheduling a sit down dinner every night is a great way to reconnect and recharge as a family - no television, no telephone and no text messaging. This will improve your relationships with your kids and your spouse and keep you all connected to what's going on in your independent lives.

80. **Discover the power of touch** - touch is an incredibly powerful sense, especially when it is used to express love. A mother's touch is soothing for a child and a husband's touch can be sensual and romantic. Improve your family relationships by giving plenty of cuddles, kisses and family hugs.

81. **Be an involved parent** - Let your children know you are there for them. Help them with schoolwork, work on their spelling and play reading games with them. When your child is having trouble in school, then so are you. Ask them about their days. Find out what they're reading, and how they're thinking. Take these opportunities to teach them life lessons.

82. Choose hobbies that everyone can enjoy - families who laugh together, stay together. Make sure you involve all members of your family in activities. Camping, picnics, boating and fishing can be fun for the whole family. When you are spending more time doing activities alone than with your family, then this can lead to a disconnection and discontentment. Reconnect and improve these relationships.

83. Travel together - family vacations are a great way to break out of that dull pattern and see the world through someone else's eyes. Furthermore, for couples, taking a vacation somewhere out of the ordinary can bring back that spark that may have fizzled out. Discovering the sights and rediscovering each other in a foreign setting can be sexy and exciting.

84. Share the responsibility- Mom shouldn't always be in charge of cooking and cleaning. Make sure everyone helps out, including Dad. Split up the chores so that the kids are helping with the dishes and so Dad is helping with laundry. This can take the household stresses away from Mom, help teach the children about responsibility and bring the family closer together. Everyone pitching in on the chores makes more time for fun!

85. The little things make all the difference - flowers to let her know you are thinking about her, a small chocolate treat for a great game of soccer, and a goofy text message just to say hello all put a smile on their faces and help strengthen those ever-important relationships.

A Better YouPrint for Success

Work hard in silence, let your success be your noise. - Frank Ocean

One of the best ways to improve your sense of self is to [accomplish your goals](#). This leads to pride, self-respect and a better sense of responsibility.

86. Recognize your own path - when it comes to reaching your goals and improving your life, you need to be the leader. You are in control of what you want and your goals should come down to you and you alone. Just because your Dad wants you to be a lawyer and your Mom wants you to have 5 children does not mean this is what you have to do. It's your life.

87. Disassociate yourself from negativity - In the same way positive thoughts lead to positive results, negative thoughts leads to negative results. Negativity may be all around you - gossipy co-workers; unhappy neighbors; a depressing partner. Disassociate yourself from those types of people. You are in a happy, positive place - no negativity allowed.

88. Define [your goals](#) clearly - Goals are what make life worth living. Think long and hard about what you want to accomplish and how you are going to get there. Make steps, include financial costs and put in as much detail as possible. The more defined your goals are, the easier they will be to achieve (and the more rewarding when you get there).

89. Push jealousy aside - When you watch someone on a parallel path reaching their goals a lot sooner, it can be hard to be happy for them. You must celebrate someone else's success if you expect to have your own. Getting rid of this envy and resentment is a big hurdle in improving yourself. Once you overcome these feelings, you are a lot closer to reaching a state of Zen-like success.

90. Use visual reminders as boosters - Being able to clearly see your goal can help motivate you and keep you focused on your game plan. Many people will post a picture of their 'dream body' on the fridge when they are trying to lose weight. Others will use their 'dream car' as their computer screen saver at work when those tough days get them down. A visual reminder can boost your motivation and drive to succeed.

91. See yourself at the end - As mentioned above, visualization is vital to reaching your goal. It's important to visualize yourself at the finish line. See yourself fitting into that new outfit. Feel the breeze on your cheeks as you drive that sports car. You'll see it when you believe it.

92. Use timelines - Tracking your success can help you put your goal into perspective and see how far you've already come. It's important for self-improvement that you recognize your accomplishments and be proud of what you have doing, or are planning to do.

93. Reward yourself on the way - Be happy with your progress. Whether your goal will take you twenty days or twenty years, it doesn't matter. The important thing is that you are doing it. You are getting there. To keep yourself motivated every step of the way, you need to reward yourself with small treats. Be proud of how far you have come and prepare for the journey ahead.

94. Look for role models - Look to those who are on the same path as you for inspiration. Perhaps this is a CEO of the company; perhaps this is your father. Try to immerse yourself in their life and ask questions. Their positive energy may just rub off on you. If not, at least you are learning from the experts how to get where you want to go.

95. Make room for failure - It can't be a smooth road all the time. There will be plenty of bumps along the way. In fact, it is these bumps that make the road worth travelling. Failure is a big part of our lives and we need to

learn to live, love and laugh at failure rather than give in to it. Henry Ford once said that every failed attempt is just another opportunity to begin again, this time more intelligently. Failure is experience and experience is power.

96. Attend an industry event - Attending an industry event is a great way for you to connect with others in the field. You have the ability to collaborate and exchange ideas. Attending events allows you to expand your knowledge base and increase your credibility in a given area.

You You You! Tips for Your Overall Well Being

I've saved the best for last. These uber-uplifting and furiously fun tips for A Better YouPrint are for you and you alone.

97. Laugh out loud - Laugh until your cheeks hurt. Laugh until your stomach aches! Laugh until the tears are rolling down your face. You've heard it before; laughter is the best medicine.

98. Set daily goals - self-improvement comes from within which is why you need to work towards setting your own goals each day. This could be work related, diet related or anything else related. Start small and always reward yourself for meeting the challenges of your daily goals. If you don't make a goal, then don't worry about it. Move on to tomorrow.

99. Face your fears- Are you afraid of heights? Public speaking? Do the things you fear. This is one of the most liberating things you can do. When you look your fear in the eye and go for it, even though you feel like you might die, you never look back.

100. Travel to a new place - Seeing the sights of a place or even a different culture is one of the greatest pleasures in life. Not only will it open your mind to new things, but it will also enhance your love for home and

increase your sense of what's important. Travelling is one the best ways to find yourself, especially when you choose to travel independently.

101. Have Fun - Life is not always about work. You need to find that balance. Try to schedule something that you love to do for at least once a month. This could involve drinks with friends, camping with family or simply indulging in a day of “you”.

BONUS TIP: Dance! – Dancing is not only great exercise, but it is fun and it's a great way to lift your mood in about 3 minutes!

There you have it! This list of 101 tips for A Better YouPrint is by no means an exhaustive list, but it will certainly get you started! The point of this list is to help you discover the best version of you to help you live your best life!

If you aren't there yet, [click here](#) to join my private community!