

## **Habits that can create a better Wellbeing:**

So everyday can feel like repetition and we can end up bored and stuck in a rut, so to help you not feel that way here are some Positive habits you can do to help get more out of your day:

- **Have a song that wakes you up.** This is always a habit I love each day and it just livens me up
- **Find a motivation video on Youtube.** I used to always listen to these on Youtube, that would get me in the mindset of going for an early morning run
- **Read a feel good book.** I am going to fit in a bit of reading a day, as I enjoy it and it helps me learn new things and I love reading various stories
- **Set a goal a day.** This is really good and I do this too. As I see it a To do list to me is chores, goals are rituals that will help me to take time out and work
- **Declutter a space.** This is from a disorganized person but it does help clear the head and make room for new things that make you happy. Kon Marie method when not reading the book, is very much true and a great one to follow