

If you're Ambitious But Lazy,

The Blueprint for Self-Improvement: 15 Easy Steps

1. To **learn faster**, make the process: **Fun**
2. To understand **yourself**: **Write**
3. To improve **your mood**: **Exercise**
4. To understand the **world better**: **Read**
5. To **think more** clearly: **Meditate**
6. To **help** people: **Help yourself**
7. To grow faster, **make sure** to stay: **Consistent**
8. To **stay energized**, prioritize: **Sleep**
9. To build **deeper connections**: **Listen**
10. To **overcome** challenges: **Adapt**
11. To strengthen **your focus**: **Practice mindfulness**
12. To **create lasting** change: **Start small**
13. To **make** better decisions: **Pause**
14. To **achieve more**: **Simplify**
15. To **gain confidence**: **Take action**

Practice the art of listening :

1. Look at the person who is talking.

People worth listening to are worth looking at. And it will also help you concentrate on what they are saying.

2. Appear deeply interested. If you agree, nod your head. If they tell a story, smile. Respond to cues.

3. Lean towards the person. Ever notice how you tend to lean towards an interesting speaker and away from a dull one?

4. Ask questions. This lets people know that you are still listening.

5. Don't interrupt; instead, ask for more.

People are highly complimented if you allow them to finish without interruption. But, they are really flattered when you draw them out with :
“Would you mind elaborating on that last point?”

6. Stick to the speaker's subject. Don't

20 Sentences I Wish I'd Read Sooner In Life

Written by Colby Kultgen

1. **Action** is the antidote to anxiety.
2. You get **4,000 weeks** if you're lucky—stop waiting.
3. Notice the people who bring out your **favorite version of yourself**.
4. You teach people **how to treat you** by what you tolerate.
5. Growth happens when you do things you feel **unqualified to do**.
6. "The cave you **fear to enter** holds the treasure you seek."
7. If you don't schedule your priorities, **someone else will**.
8. **The most dangerous addiction** is the approval of other people.
9. Burnout happens when you **treat rest as a reward** rather than a right.
10. You'll **never regret** investing in your health, learning, or relationships.
11. Normalize not **having an opinion** on things you aren't informed on.
12. The only person who's going to **magically show up** to save you—is you.
13. Your habits are the **silent architects** of your life.
14. **Discipline** is choosing what you want most over what you want now.
15. The people who matter won't leave you for **having boundaries**.
16. Your worth isn't tied to your **productivity**.
17. **Reach out to people** just because they crossed your mind.
18. Not everything requires **your reaction**—silence is a response, too.
19. **Action creates motivation**—not the other way around.
20. "You can literally **change your life** any day—you can wake up tomorrow and decide that you want something different."