

BE YOUR BEST SELF

Create small manageable goals. Completing small tasks helps you gain control of your environment, which help you build confidence, improve resilience, and be the best version of yourself.

21-DAY SELF IMPROVEMENT CHALLENGE

WEEK 1 PRACTICE POSITIVE THINKING & SELF TALK

- Create a connection between words and beliefs.
- Choose a mantra and create an affirmation.
- For example, "I value performance," then verbalize the affirmations such as "I feel faster, I feel stronger, I feel more focused, or I feel less stressed."
- Create a positive visualization.
- The words you choose help create the mental image in your mind. Recall the image of yourself doing exactly what you say. The image along with the words ties a belief to a positive message.

WEEK 2 INVEST IN REST & RECOVERY

- Create a comfortable quiet bedroom environment, free of electronic devices, bright lights, and noise.
- Sleep impacts every aspect of your life, the better you sleep, the better your physical, psychological, cognitive, and social health.
- One person in a thousand can function effectively on six or fewer hours of sleep per night.

WEEK 3 HELP OTHERS

- Perform a simple active of kindness for someone else.
- Simple tasks such as taking a walk with someone during lunch break, helping them complete a task, buying them a drink or offering a ride are all simple kind acts.
- The ability to connect with other people enhances positive mental and physical health.
- Helping others has a positive impact on your personal mental health. Those who help others experience less depression and better health. It also helps use regulate our own emotions.

