

15-Minute Self-Improvement

Ideas for 30 Days

			1 Clear your desk or a small area in your home.	2 Follow a 15-minute stretching or pilates tutorial at home.	3 Try some deep breathing exercises.	4 Make a quick vision board for the year.
5 Watch an inspirational talk speech.	6 Work on a brain teaser.	7 Practice some memory exercises.	8 Solve a puzzle.	9 Learn a simple skill by watching a quick tutorial.	10 Write down ten things you're grateful for.	11 Reach out to a friend you've been meaning to reconnect with.
12 Go for a 15-minute walk.	13 Get up 15 minutes earlier & get organized for the day.	14 Dance like no one is watching for 15 minutes at home.	15 Clean the inside of your car for 15 minutes.	16 Pack a home-made lunch for tomorrow.	17 Meditate for 15 minutes.	18 Do a simple creative activity for 15 minutes (painting, doodling, journaling).
19 Plan some home-made meals for the week.	20 Work on a task you've been procrastinating.	21 Create a motivation playlist for yourself.	22 Work out for 15 minutes at home.	23 Learn three new words today.	24 Repeat some positive affirmations that work for you.	25 Read some inspiring quotes and save your favorite ones.
26 Write a short letter to your future self.	27 Frame photos that you find motivating/inspiring.	28 Learn an expression in another language.	29 Visualize achieving a goal that's important to you.	30 Write a kind note or message to someone you care about.		 Ordinary & Happy