

GOOD HABITS START HERE

Your attitude determines your [altitude](#). (Read this again) Your attitude determines your [altitude](#). "Successful people don't just drift off to the top. Getting there requires focused action, personal discipline and lots of energy every day to make things happen," [says](#) American author and entrepreneur Jack Canfield. And he couldn't be more accurate.

So, don't let old habits hold you back. Start building these simple yet essential habits for a happier and more productive life:

- **Create a morning ritual.** Maybe you like to go for a run. Or, maybe you like to meditate or enjoy a healthy breakfast. Whatever it is that makes you feel supercharged, kickstart your day with that habit. Establishing a meaningful morning ritual helps you start your day on a positive, proactive note. Having a structured start to your day instead of rushing to make up for the lost time also helps eliminate stress, mental fatigue and enhances your productivity. Don't know where to begin? Check out the [morning rituals](#) of some of the most successful people to get some inspiration!
- **Keep it clean.** A tidy life feels better, stay organized, neatly dressed and well groomed. A few changes in routine, will make you feel better. Think of it this way, if you checked into a hotel room on vacation and it was dirty, would you be happy? Of course not, you want fresh and clean. Think of your life as a hotel room, you want to attract lots of 5-star reviews from positive people.
- **Follow the 80/20 rule.** [The Pareto's Principle](#) or the 80/20 rule means that in any situation, 20% of the tasks yield 80% of the results. So you can maximize productivity by investing most of your time and energy on those specific tasks that will create the biggest impact. Once you've finished those tasks, you can focus on other activities that are on your to-do list.
- **Read, read, read.** Reading books is a great way to gain knowledge and stimulate creativity. Immersion reading also improves focus and has a [calming effect](#) similar to meditation. Moreover, reading before bedtime can help you [sleep better](#). Non-fiction books, in particular, are an excellent tool to broaden horizon, develop new ideas and seek motivation. Additionally, they also offer actionable advice on how to overcome all kinds of challenging situations through real-life examples.
- **Learn to single-task.** [Only 2% people](#) in the world can multitask successfully. While there's no harm in occasional multitasking, constant juggling between tasks limits your focus and contributes to mental clutter by making it difficult for your brain to filter out irrelevant information. Moreover, according to a [study](#) conducted by Stanford University, heavy multitasking lowers efficiency and may impair your cognitive control. This is why you should try to single-task as much as possible. Make a list of things you need to accomplish in a day. Start with what's most important and make your way down the list, completing one task at a time.
- **Appreciate more.** French novelist Jean-Baptiste Alphonse Karr once said, "we can complain because rose bushes have thorns, or rejoice because thorns have roses." It's easy to get caught up in the rat race and forget how fortunate you are.

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Practicing gratitude is a great way to create positivity, reduce stress and improve your physical health. How can you cultivate this healthy habit? Start a gratitude journal, volunteer, take time to appreciate your loved ones and remind yourself of at least one thing you're grateful for every day before going to bed. The more you appreciate the little joys of life, the happier you'll be.

- **[Surround yourself with positive people](#)**. "You are the average of the five people you spend the most time with," said American author and entrepreneur Jim Rohn. This is precisely why you should carefully consider who you're spending time with. Let go of relationships that bring you down instead of lifting you up. And spend time with people who know how to nurture and share happiness. Since [happiness is contagious](#), it's one of the easiest ways to create positivity in your life.
- **[Make time for exercise](#)**. Other than improving your physical health, working out regularly pumps up creativity and [enhances](#) your cognitive skills. It's also an effective way to build endurance and get energized. And if you're still not convinced, exercising also elevates mood by [boosting](#) the production of endorphins - hormones that act as natural anti-depressants. Still need more reasons to hit the gym?
- **[Master the art of listening](#)**. Effective communication is crucial when it comes to cultivating personal and professional relationships. And listening is central to communication. Pay attention to what others have to say. It'll not only make others feel valued but will also help you understand them better and gain a fresh perspective. Don't try to monopolize the conversation or fake attention while your mind is busy figuring out what pizza you should order for dinner. Listen to what they have to say and what they really mean and take note of the non-verbal cues as well. The more you listen the more you'll learn. Here's a [handy guide](#) that can help you become a good listener.
- **[Go for a social media detox](#)**. The digital world has taken over almost every aspect of our lives. The [average person](#) has five social media accounts and spends at least 1 hour and 40 minutes every day on checking social media. Research shows that the more time you spend on a social media site, the more likely you are to develop [depression](#). Take time to cut back on social media to reduce stress and mental clutter. Switch off your phone and laptop for a few hours every day to improve your mood and reconnect with the world around you.
- **[Invest in self-care](#)**. Taking some time off to unwind can do wonders for your mood, mental health, and self-esteem. Do at least one thing every day that makes you feel good. Listen to music, learn a new skill, take a long bubble bath, or prepare a nice meal. Whatever floats your boat!

Developing these habits require determination, oodles of patience and constant effort. Maybe it'll take just a few weeks or maybe more than a year, it doesn't matter how long it takes to build the habit as long as you don't give up.

If you want to make the world a better place take a look at yourself and then make a change. MJ