

25 *best* WAYS TO INVEST IN YOURSELF THAT YOU CAN START TODAY

1. Do a course in something interesting or useful:
2. Figure out a skincare regime:
3. Exercise:
4. Eat healthily most of the time:
5. Drink your greens:
6. Start a 1 line gratitude journal:
7. Drink water:
8. Sleep a decent amount of hours a night:
9. Start reading in your spare time:
10. Watch Netflix that you absolutely love:
11. Do 1 thing a week that makes you really happy:
12. Buy 1 thing a week that you absolutely love:
13. Start an investment account:
14. Pay into your pension:
15. Keep the people in your life that you love and discard those you do not:
16. Commit and follow through on the things you really want to do:
17. Say no to those things you really don't want to do:
18. Seek out love (both friendship and romantic):
19. Learn to advocate for yourself:
20. Schedule all your health checkups:
21. Get a smear test, it's easy and might save your life:
22. Soak or float: in the bathtub, in a pool, in the ocean:
23. Plan a trip you have always wanted to do:
24. Practice positive mantra speak:
25. Practice self-belief and understand that you are perfectly unique and beautiful: