

BETTER

Four steps to simple self-improvement.

JUST DO SOMETHING

1

What's ONE THING you can do today that will make your life better?

DO A LITTLE EACH DAY

2

What goal is currently MOST important to you? How can you break that down into many small steps?

MAKE SURE IT'S YOUR BEST

3

What's one aspect of your life in which you're NOT currently giving your best? Why not? What can you do to start changing that?

REFLECT

4

What's one behavior that you'd like to change but haven't yet be able to? Why do you think that is? What can you do differently?

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For more, visit: <http://www.moneyunder30.com/better>