

60 Ways to Change Your Life

Mindset & Identity

1. Change your beliefs.
2. Change your thoughts and the stories you tell yourself.
3. Consciously choose the identity you want to develop.
4. Create clear visualizations of the life you want to live.
5. Cultivate emotions such as gratitude, love, trust, and peace.
6. Be present in the moment.
7. Practice daily gratitude for the little things.
8. Use affirmations, sticky notes, or phone wallpapers as daily reminders.
9. Accept that setbacks are part of growth.
10. Focus on progress, not perfection.
11. Take responsibility for your life.
12. Let go of what you cannot control.
13. Celebrate your small wins.
14. Forgive yourself and others.
15. Live according to your own values.

Nervous System & Relaxation

16. Use EFT to calm your nervous system and release stress and emotional tension.
17. Meditate daily.
18. Practice breathing exercises.
19. Spend time in nature.
20. Go for regular mindful walks.
21. Intentionally schedule moments of silence.
22. Listen to calming music or sounds of nature.

- 23. Reduce chronic stress and overstimulation.
- 24. Limit social media and negative news.
- 25. Take enough breaks throughout the day.

Health & Energy

- 26. Nourish yourself with whole, nutrient-dense foods.
- 27. Make sure you get enough protein.
- 28. Drink enough water.
- 29. Get enough sleep.
- 30. Maintain a consistent sleep-wake schedule.
- 31. Get outside for natural daylight every morning.
- 32. Move your body every day.
- 33. Do strength training regularly.
- 34. Listen to your body's signals.
- 35. Give yourself enough time to recover.

Environment & Relationships

- 36. Surround yourself with positive people.
- 37. Distance yourself from relationships that consistently drain your energy.
- 38. Create a calm, clutter-free living environment.
- 39. Read inspiring books.
- 40. Keep learning and growing.
- 41. Journal regularly.
- 42. Make time for fun and creativity.
- 43. Help others whenever you can.
- 44. Take one small step toward your dream every day.

Biohacks That Can Support You

45. Use an **acupressure mat** to support relaxation.
46. Take an occasional **cold shower** or practice cold exposure.
47. Alternate between heat and cold, for example by using a sauna followed by cold exposure.
48. Use a **sauna** for relaxation and recovery.
49. Go for a **forest walk** or practice *forest bathing* (shinrin-yoku).
50. Use a **weighted blanket** if it helps you relax or sleep better.
51. Drink herbal teas such as chamomile or lemon balm as part of a relaxing ritual.
52. Consider **red light therapy** as a complement to a healthy lifestyle.
53. Take regular **digital detoxes**, ranging from a few hours to a full day.
54. Listen to **binaural beats**, calming frequencies, or meditation music if you find them helpful.
55. Chew consciously and eat without distractions; this can support your rest-and-digest response.
56. Regularly walk **barefoot** on grass, sand, or soil as a way to connect more with nature.
57. Use a **light therapy lamp** during winter if you get little natural daylight.
58. Take an **Epsom salt bath** as part of a relaxing self-care ritual.
59. Practice **heart coherence** (coherent breathing) for 5–10 minutes a day to help regulate your stress response.

Perhaps the Most Important One...

60. Become 1% better every day.

Your life rarely changes because of one big decision. It changes through hundreds of small choices you make and repeat, day after day.

Eventually, those choices become your habits. Your habits shape your identity. And your identity determines the direction of your life.

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