

30 healthy habits

Everyone has habits – actions that are a result of repetitions to be performed mechanically. Habits have a strong influence on health, mood, health. They can be both good and bad. In order to change lives for the better, you should try to form more useful habits and eliminate possible harmful.

The article describes the actions that may eventually become useful habits.

1. Sleep at least 7-8 hours. Early to bed and early to rise and do [essays for sale](#) it at the same time.
2. Immediately after getting up brush teeth and tongue, drink a glass of warm pure water (you can add lemon juice) and take a contrast shower.
3. Morning exercise.
4. Exercise (pushups, squats, crunches), exercise.
5. Do not smoke and try to reduce the amount of alcohol consumed.
6. Eat right, eat small meals at the same time 4 – 5 times a day. In the diet, add more fruits, vegetables, grains, nuts. Daily eat dairy products (milk, kefir, plain yogurt, cottage cheese), drink fresh juices. Don't eat before bed.
7. Drink plenty of purified and carbonated water. It is better to reduce the consumption of coffee, sugar, and black tea to replace green.
8. Try to constantly learn something new, to learn something unusual. Every day read books, at least 30 minutes a day. Listen to audio books, watch helpful videos, movies. An important idea from each book record in a notebook.
9. Teach the poem, read classic literature, play chess, study a foreign language – train your brain.
10. Watch your thoughts, think positively. Do not get angry and not swear, be friendly, punctual. Smile more often.
11. Do not linger in front of computer.
12. Go more on foot.
13. A daily walk in the fresh air.
14. At least on weekends allow yourself to unwind: escape to nature, meet with friends, meet new people, go to cinema, theatre, sightseeing.
15. Do yoga, learn breathing exercises, learn to relax.
16. Do regular exercises for the eyes. Follow the position.
17. Come once a year General medical examination.
18. Find time for yourself, do what you like.
19. Use natural, quality cosmetics.
20. Keep the house clean and tidy, do wet cleaning. Daily ventilate the room. Do not accumulate unnecessary stuff.
21. Record your income and expenses. Analyze and try to reduce costs. Put at least a small amount of money.
22. Always find time for family, relatives and friends. Call them, talk to them, socialize. Pay attention to children.
23. Stay tuned. It is important to know and understand what is happening in society and the world at large. At least in order to keep the conversation on any topic.
24. Be proactive, take the initiative.
25. Set your priorities correctly..
26. Make a list of your goals.
27. Write down your interesting thoughts and ideas, as well as useful information.
28. Start a personal diary, celebrate their achievements and successes, even if it is small.
29. Plan the evening tomorrow. During the day track, which has already managed to make a scheduled.
30. Wash your face before bed.

Anyone can add to this list something of your own.

The steps above should be done daily, however you should not try all of them at once to enter into your life. It is sufficient to select a few and perform them regularly. Remember: if you do anything without excuses and exceptions, this action will quickly turn into a habit.