



10 Practical Self-improvement Tips for 2018

If you are looking to break old habits and to become a better you in 2018, the following 10 practical self-improvement tips will help smooth the transition. Soon you will be creating new habits in no time at all.

Are you ready to improve your well-being and health? Is 2018 the year that you stop fretting about your life? Is this the year that you will take action to make a difference in your life? Will you finally lose those 20 pounds? Is it the year that you will finally have time to be more active in your child's PTA? Whatever you want to achieve in 2018 for yourself or for others, you may find that you struggle with the mindset for change and often return to old habits. This year can be different! Try following these 10 practical self-improvement tips for 2018.

1. Make Time for You – While you might associate being a better person with doing more for others, the truth is, you first need to take time for yourself. If you are burnt out and stressed, you will not make a positive contribution to anyone. Taking time out for yourself is not being selfish; it gives you the opportunity to refresh and recharge.

Once you understand that taking time out for yourself is making a positive contribution to others, then it's time to schedule it. It is important to honor your commitment to yourself when declaring your "**me time**". Set aside some time daily. If you are like most of us, this may seem near impossible; but guess what? You can find 15 minutes every day.

If you don't respect your personal time, no one else will. Take 15 minutes for meditation in the morning or your daily "**me time**" out on the front porch or the back deck and just listen to nature; read a few pages from a book that uplifts your spirit; drink a cup of coffee or tea! This is your choice!!



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Once you have decided on a set amount of time and a set time of day for your “me time,” let everyone know you are not available. This is your time!

2. Choose How You Jump Start Your Day – You can choose to start your day grumpy and irritable or you can choose to start your day being grateful that you were given another chance to enjoy life and to love. The choice is always yours. Choose to wake up declaring out loud a few things you are grateful for and watch how this daily habit changes your day and your life. Choose to read something positive, think something positive and say something positive. Your day will be that much better and you will have done this by your own power. Be intentional! This is your choice!

3. Start a Journal – When you are feeling overwhelmed, grab a journal and write down your feelings – even if they are negative. Then, give it a new spin. For example, you might write, “even though I didn’t get the promotion I wanted, I now know what the process is and what I need to work on to better my chances before I put in for the next promotion. I am exactly where I am supposed to be in this moment and am grateful for the great things to come.” Journaling releases negativity and toxicity from your body, soul and mind. Journaling also resets your mindset. Focus on what really matters in your life!

4. Keep Positive People Close to You, in Your Bubble – Keep positive friends close by and reel them in when you need a boost. Have you ever started your day by tripping over something, losing your car keys, or finding that the squirrels knocked over your garbage? Don’t be ashamed of your bad moods, just take responsibility for them. Rather than getting upset, grab a friend, talk about it, laugh it off, and then let it go. You’ll be glad you did. Keep these positive people in your **Bubble!**

5. Keep Negative People out of Your Bubble – You will never rid yourself of all the negative people in your life. After all, some of them are



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your employers, co-workers and family members. You can, however, keep them at a distance while enclosing yourself in a more protected **Bubble**. You don't have to let their negativity into your space. Make a choice to slowly distance yourself from them and know that their negativity has nothing to do with you; it's their stuff don't own it for yourself. Be intentional about who you let in and who you keep at a distance.

6. Choose Your Filters Wisely – If you read negative stories, watch the news, or get involved in gossip, you will most likely end up with negative thoughts. After all, negative stories are what so much of the media focuses on these days. Intentionally choose what people, books, music, and television you let in. Stop 'hanging out' on social networking gossip sites and take responsibility for your own actions. Listen to the right type of music. Uplifting music will change your brain waves and fast music will give you a boost of adrenaline. If you are feeling low, pop on some dance tunes and watch how quickly your toes will begin to tap. Remember, it's your choice!

7. Take Time to Get Organized – 2018 is the year to finally set up a filing system, get a calendar and keep it updated, and throw out your junk. Once the initial work is done, all you have to do is maintain the organized systems. Don't want to do it yourself? Pay someone else to do it for you.

You can also **use an App** to help you organize and plan everything today from traveling to paying your bills. When you are on the train commuting to work or waiting in line at the store, you can get things done that would normally have to wait for your lunch hour or day off. Being able to accomplish more during these wait times will give you more free time for yourself.

8. Take Time to Shut Down and Unplug – After you have used technology to get organized, take time off from technology and unplug from



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your social devices. If you want to be a better you, you need connections – real life connections. You need to see faces and hear voices and so do other people. Take the initiative and plan a real-life coffee date. You'll make a difference for yourself and for someone else.

9. Set Meaningful Goals – Set goals that will challenge you enough to demand your best effort and impact some aspect of your life. If they are set too low, achieving them is inconsequential. Set them too high, achieving them is next to impossible.

10. Grab an Accountability Partner – When you set a new goal, it's important to get an accountability partner. When you know you are scheduled to meet with your accountability partner you will work that much harder to achieve your goal. You also have that partner encouraging you from the sidelines.

Conclusion/Call to Action

You can break old habits and become a better you by following these 10 practical self-improvement tips for 2018. By following these tips you are well on your way to a more balanced, focused, energized life. When you feel balanced, focused, and energized you will feel better about yourself and everything else around you.

For more practical self-improvement tips see the following blog posts:

- [3 Mindset Habits of a Super-Successful Entrepreneur](#)
- [Negative People: How to Protect Yourself from Them](#)
- [The Entrepreneur's Mindset: Taking time to Relax, Refresh, and Relax](#)
- [Finding Time for Yourself: Finding "Me Time"](#)
- [10 Practical Self-Improvement Tips for 2018](#)



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10 Practical Self-improvement Tips for 2018 Resource Guide

The Resource Guide lists the people, books, and products that make a difference in our business and our lives as entrepreneurs. These are a few of the resources that we use to build and grow our business. These resources can help you build your authority status.

Hosting Services

[Bluehost: Hosting your website](#)

[Blubrry: Hosting your podcast](#)

Books

Continual learning is the hallmark of a leader and entrepreneur. We are always looking for influential and inspirational books to expand our knowledge and awareness.

Kevin Kruse, [15 Secrets Successful People Know about Time Management](#)

Darren Hardy, [The Compound Effect: Jumpstart Your Income, Your Life, Your Success](#)

Grant Cardone, [The 10X Rule: The Only Difference Between Success and Failure](#)

Daniel Goleman, [Emotional Intelligence: Why It Can Matter More Than IQ](#)

Daniel Goleman, [Focus: The Hidden Driver of Excellence](#)

Michael Hyatt, [Platform: Get Noticed in a Noisy World](#)



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Training

Dexter and Pamela Montgomery: [The Strategic Pathway to Success Program](#) This comprehensive program helps new online entrepreneurs avoid the massive mistakes that keep them struggling.

Dexter and Pamela Montgomery: [Special Report and Training Guide: The Podcasting Power Playbook](#)

Dexter and Pamela Montgomery: [Special Report and Training Guide: Build My Business Dream Team](#)

Connie Ragen Green and Adrienne Dupree: [Top 20 WP Plugins](#) This course takes the mystery out of WordPress plugins. Learn about the ones you need to add to your website to save you time and earn you money.

Connie Ragen Green and Adrienne Dupree: [10K Laser Coaching](#) Be a fly on the wall as Connie and Adrienne conduct private coaching sessions of their clients. Learn from the students' successes and avoid their mistakes.

Connie Ragen Green: [The Genius Hour Interviews](#) Listen to over 12 hours of interviews that give you invaluable insight into the minds of successful entrepreneurs.

PLR (Private Label Rights) Content

This is material created by others that you can buy and use as your own. You have full ownership rights. We typically make a few edits to make it sound more like us and then re-brand as our own product. It is a quick and effortless way to get ideas and product for your clients. Below are the people and products that we find most useful and recommend to you.

Ron Douglas and Alice Seba: [Elite Writers Lab](#)



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Alice Seba: [ListMagnets\(Free Social Media Tips\)](#)

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About the Authors



We are Pamela Montgomery and Dexter Montgomery, authors, entrepreneurs, and speakers. We are a married couple and business partners.

Our focus is helping new online entrepreneurs **achieve uncommon results** in their businesses and in their lives. We work to help new entrepreneurs avoid the massive mistakes that keep you struggling and feeling overwhelmed. Through our weekly teleseminar training seminar series, My Biz Dream Team: Opportunity Wednesday Training Series we discuss topics relevant to the new entrepreneur as you build and grow your business.

As online marketers for the past few years, we create information products, teach classes online, host a weekly teleseminar training series about online marketing, produce a podcast series, and mentor new entrepreneurs looking to get out of the rat-race.

Prior to starting our online business, we were a typical two-income couple living in the suburbs outside of Washington, D.C.

Dexter has over 30 years of experience in business and finance in the public and private sectors.



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Pamela had over 30 years of experience as an attorney. During her career, she served six years on active duty as an officer in the U.S. Army Judge Advocate General's Corps. For 15 years, she was the chief spokesperson of a federal agency and responsible for the educational programming. She has made hundreds of presentations as she traveled across the country representing the agency at numerous meetings, seminars, and conferences. I (Pamela) just love to teach!

We were each working 65-70 hours a week in office jobs and wanted to find a way out of the rat race. By owning an online marketing business focused on helping other entrepreneurs and investing in real estate, I (Pamela) could retire from my office job.

Now we are just that much closer to fully living the life of our dreams. Pamela is now able to work from home or anywhere in the world.

We both love to travel and explore new and interesting places. Now we have more time for travel and to work with the non-profit organizations that we support.

Our Motto: Do What You Do Best, and Let Your Team do the Rest

We would love to talk to you about the issues that you face as a new entrepreneur. You can use the information below to contact us.

dexter@mybizdreamteam.com

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Or you can follow us on social media or respond to one of our emails. We would love to hear from you!



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