

Hello and welcome to episode 32 of The Everyday Confidence Podcast, from TheSkillfulMind.com. I'm your host, Steve George and on today's episode I'm going to speak about 21 ways to improve your general happiness and self-esteem. In today's episode, I'm going to take one of the suggestions I made in the last episode, that's Episode 31. If you haven't heard it yet, it was about creating a regular morning routine. And if that's not something you've heard of before, it's simply a set of actions that you do every day, as soon as you wake up. And, by doing these things every morning, you give your day meaning, enthusiasm and energy. It's one of the best ways to build positivity into your day, from the moment you wake up.

So, the suggestion I'd like to expand on is... Decide on one thing every day that you can do for YOU. Something that will give you joy and will make today a good day.

In the last episode, I suggest giving yourself 5-10 minutes every day, to just think about something you'd like to either do, experience, or achieve during the course of that day. And, it doesn't have to be anything big, or extravagant. Actually, it's oftentimes the little things that give us the greatest pleasure, so don't try and dig too deep and make the experience stressful for yourself. Look for the small and simple things, at least in the beginning.

Okay. In this episode, I'm going to give you some different ideas. Now, some, you might decide are ideal for the way you live your life generally. Some, you might not get at all. But, the reason for the list isn't just to give you practical

and workable ideas, but it's also to get your thought juices going, so you can come up with ideas of your own.

So, let's get to it. here's... 21 Ways that'll help improve your general happiness and self-esteem every single day

1. Eat your favorite food. - We all have a special food. Something that we either don't have very often because it's expensive, or maybe we know it's not the best for our diet, things like that. But, everything in moderation. If it's something you really like, let yourself enjoy the experience even if it's only once every few months. Allowing yourself that small pleasure will really make your day.

2. If the weather's nice, take a walk on the beach - Feel the loose, warm sand under your feet, and the wash of the ocean over your toes. It's one of the best ways to bring peace and calm into your day and it costs nothing.

3. Make someone smile - There are so many ways to spread a bit of happiness around. And, one of the best ways to feel good yourself, is to make someone else feel good.

4. Try a drink, you've never tried before - Maybe experiment with a soda you've never had before, or visit your local coffee house and try something new. Even if you find out you don't like the taste, at least you've had new experience, so you've got something else you can share with your friends.

5. Buy some freshly baked bread - Eating some warm freshly baked bread is an experience worth having on its own, but the smell of freshly baked bread is one of the most magical aromas. It is to me anyway. The smell of baking always makes me feel good. So, spend a few minutes in your local bakery and inhale the goodness!

6. Get your hair done - Everyone feels better after they've got a fresh haircut, or a new style. So give that a go.

7. Get your nails done - This is probably one more for the ladies, but if you're a guy with painted nails, it's good for you as well. And it gives you the same feeling as before. With your nails though, there are so many different designs of acrylic nails, you could even get something that shows your personality put on your fingers.

8. Take a walk in nature - this is another free option. there are so many studies that've shown walking in nature is one of the best ways to relax and unwind. So spend some time taking advantage of the nature you've got locally. Drink in the pleasure of what this amazing World's got to offer.

9. Buy yourself a small, completely impractical gift just because you like it - Think of one small thing you'd really like to own, but couldn't find a good enough reason? Well, just waking up this morning and being alive today could be the reason. Who's going to tell you different? When you spoil yourself, even in tiny ways it pumps up your Serotonin and Dopamine. And that makes you feel good.

10. Take a few minutes to listen to your favourite songs - Music's a great way to boost your mood. So try to set aside a few minutes to blast out your favorite tunes. And, if you want have a bit of a Sing and dance, why not!

11. Make a note about something you're grateful for - just reminding yourself how lucky you are, is a really good way to improve the way you feel. Even simple things things like having the support of a loved-one, or a roof over your head and fresh food to eat is a luxury that many people can't afford. And if you want one thing that you can do everyday that'll make a big difference to the way you feel about the direction your life's taken. Then starting a daily gratitude journal is a great way to do that.

12. Call someone you haven't spoken to in a while - Make the effort to call that someone who's company you've missed over the last year, because of Covid. Simply chatting to a friend is a great way to relieve stress and anxiety. And there's a good chance you'll have a laugh as well!

13. Spend some quality time with your pet - Clearly, if you don't have a pet, this one doesn't apply to you, so you've only got 20 options. But, if you do, you know that your pet will love you forever, even when you're not at your best. So, return the favor. Help them feel special and it has the added benefit of making you feel good too.

14. Try a new flavour of ice cream - I'm really sorry if you're listening to this while your on a diet, but like I said before, everything in moderation. And who doesn't like ice

cream? Obviously, if you've got an intolerance to it, that will be a problem. But, if you don't, indulging in a large portion of delicious ice cream is a winner every time in my book. There's a reason why all those break-up movies show one of the partners eating a bucket of ice-cream to help overcome their relationship breakdown. It's the ultimate comfort food. It just lifts your mood straight away.

15. Spend your lunchtime in the park watching the birds, or the squirrels - This is similar to the spending time in nature. Watching all the other forms of life going about their business is a great way to relax. Watching squirrels frolic around's a superb way to spend a few minutes of your time. Or, if there aren't any squirrels where you live, just close your eyes and listen to the birds in the trees. Either one'll make a difference to your day.

16. Watch something funny - Laughter really is the best medicine. So, if you're not near a TV, just check out some funny YouTube videos to boost your mood.

17. Give someone a well-earned compliment - Now, this one seems like it's designed to give someone else a boost and that's true. But, complimenting someone on their achievements, or a job well-done, not only makes them feel good but it makes you feel good as well.

18. Try meditation - Meditation is a great way of relaxing your mind and finding peace. Even if it's just for a few minutes, it can have huge benefits. And if it's not something you've tried before, there's lots of info over on

the SkillfulMind.com website that can help get you started.

19. Clean up your space - Now, whether that's your work space, your cooking space, your bedroom, or your shed, it doesn't matter. The act of cleaning your space, gives you a feeling of success every time.

20. Give a heart-felt thank you to someone who deserves it - Much like giving a compliment, this idea goes back to the fact that making someone else feel good, makes you feel good as well. It's simple to do and it's win-win for both of you.

And finally, 21. Try a new experience - Make the effort to expand your horizons. So, the easy way is to make a list of some of the things you'd like to try, then commit to doing something toward doing it, every day.

So, there's your 21 things to try. I'm sure you can find plenty of your own things to add to the list. So give it a go. There are so many different things you can try. And only your imagination holds you back. So, try to do one thing, just for you, every day. You'll be so glad you did.

That's it for today. Thanks very much for listening. Show notes can be found at theskillfulmind.com/podcast/32. If you've got any ideas you'd add to the list, share them in the comments. Enjoy the rest of your week and until next time, bye for now.