

**50 POSITIVE HABITS TO  
TRANSFORM YOUR LIFE  
BY MICHAEL CHAPMAN**

50 Positive Habits to Transform your Life by Michael Chapman is a quick and easy to read checklist of things you can add to your day to improve your life. From fitness goals, mental habits, emotions, lifestyle, personal habits and developments, Chapman covers all areas of life. If you need convincing on introducing these habits, Chapman's book has great personal examples of why adding these simple habits has made his life better and what life would be like without them!

## **FITNESS GOALS & HABITS**

### **Walking everyday**

By simply walking in the morning, though, you make sure that you get some exercise. Exercise releases endorphins which makes us happier and sharper. Walking every day improves mood; fact.

### **Staying active**

Try and remain active throughout the day, get up every 30 minutes, walk around, stretch.

### **Working out**

Doing strength exercise is extremely beneficial. Each day focus on a different body part; chest, legs, arms, abs etc. It will improve your mood, leaving your body feeling stronger and your mind running much faster.

### **Finding a habit**

Choose a new hobby, it adds variety to your life and ensures you'll continue to see consistent success as you start to conquer and take on new challenges in life.

### **Park far away**

Whenever you go out, park at the far end of the carpark or a few blocks away and walk to your destination. This adds a few extra minutes of movement a day.

### **Stretching properly**

Get into a better frame of fitness by stretching for 5 minutes' post-shower or waking. Very useful for helping your body heal and rebound from pain.

### **Teaming up**

Struggling to get yourself into a good shape? Then you should definitely consider turning to running with a friend. A running buddy can make a real difference to your fitness.

### **Making exercise fun**

Pick what you love doing - whether that be playing soccer with a team or lifting weights at the gym with your favourite playlist. By doing what you find fun you'll be much happier and find it easier to commit.

## **MENTAL HABITS**

### **Looking at negativity**

One of the most powerful changes that you can make, though, is to change how you view the world around you as a whole – how do you look at negativity?

The easiest way to simply change my mindset was to make yourself aware of it. If you realise you are being negative, acknowledge it and try to change your mindset.

### **Thinking about success**

Thinking about success is a great idea – simply being able to visualize what might be coming in the future is a powerful tool, and one that can improve your mentality.

### **Contemplation relation**

By changing to contemplation before taking action, you can become more positive. It allows you to see the good, whereas taking action usually means reacting to the negatives.

### **Noting your positivity**

How often do you actually note in your mind that you were being positive? It's one of the most affirming actions you can possibly do when signifying your positivity. Take five minutes of the day to look at a happy memory in the morning to change your mindset from negative to positive.

### **Detailing the positives**

Rather than looking at the problem, though, why not start looking for solutions?

### **Challenging assumptions**

How often do you challenge how you think about a certain situation? If you don't, then it's time to do so. Challenging assumptions will help you ensure you're always adapting.

### **Accepting your successes**

You'll become far more comfortable, and aware, of your successes and failures in life. This will ensure you can continue to develop, without always seeing yourself as failing.

### **Reviewing your failures**

By taking the time to actually look at why you failed, you can find it much easier to find solutions. Many of us know that we failed – but why?

### **Mind games**

How often do you just memorize a little poem or a piece of writing? Doing this can be a very powerful way to make sure you've always got a challenge.

### **Force of attraction**

Have you ever spent the day just wishing for something to be? If not, you have to begin. Spend 5-10 minutes at night just dreaming of what you want in life.

## **EMOTIONAL HABITS**

### **Meditate for success**

This is the magic of meditation; there is no set one way to do it, no magic trick. You do it in the way that suits you best, nobody else. Practice every single day.

### **Diaphragmatic breathing**

All you need to do is learn how to take deep breaths in a slow manner. We all have our own preference of depth and time, so check online to find help in diaphragmatic breathing in a way you feel comfortable with.

### **Identifying emotions**

Use 4 or 5 words to describe how you are feeling at a certain time.

Acknowledge these words and feelings and learn to understand what they mean to you.

### **Putting perspective together**

One of the most important elements of those days where negativity is winning is to take 10 minutes just to put things into perspective, helping you to appreciate success and failure.

### **5 minute breaks**

Take 5 minute breaks regularly, get away from the computer screen and chill out. You'll be far less likely to actually continue making mistakes and will be more accurate when working.

### **You are what you eat**

Look at what you eat, and realize how much it plays a part in how you feel. What we eat determines how we feel, acknowledge anything that makes you feel bad and eliminate!

### **Handling negative emotions**

Every time you feel yourself going down this kind of mental path, remind yourself it only lasts for a while. Sadness is never permanent; especially with a mindset against it.

### **Sitting outside**

Just go and sit outside! Leave the phone inside and just appreciate the world around you. Listen to the animals and just enjoy tranquility.

## **LIFESTYLE HABITS**

### **What's your values?**

Identify your core values. If you start to make decisions based on if it fits our values, you'll become stronger mentally and more committed to achieving your goals and dreams.

### **What's your passion?**

By defining your true passions in life, you could be far more comfortable with who you are. Your path, aims and desires will be clearer.

### **Creating a vision**

The most powerful people have a dream, a vision. Make sure that you have a vision for where you wish to be – even the example of another person who's successful.

### **Inspiring yourself**

The easiest way to inspire yourself, I found, was to look at all the success you have had so far. How can you get back to that level of success?

### **Challenging beliefs**

Simply go through an argument you would expect to have. What's the point you hold? What's the main counterpoint? Using this helps you see if you've really thought things through.

### **Letting go**

Many of us, myself included, are wrapped in our worldly possessions. From our cars to our TVs, fear of loss makes us vicious. Losing that is the first step towards normality. Give stuff away, let go of anything that doesn't bring you joy.

## **PERSONAL HABITS**

### **Simplifying your day**

The easiest way to make your days easier is to clear away mess first – organize everything so you can work without distraction.

### **Establishing your goals**

Planning the main goals with the most challenging first will make your life much easier moving forward.

### **Beginning a project**

One of the most creative ways to inspire your plans and ambitions is to create a project with a plan. Spend 30 minutes per day on an exciting project to keep yourself motivated!

## **DEVELOPING HABITS**

### **Determining productivity**

In terms of becoming more productive - look at how you are when you work today – do you complain?

If you are someone who always looks to complain about a situation, then look to find out why. What is making you feel that way? Also, what's the alternative view?

**Batching for success**

Batch similar tasks together in blocks throughout your day. By changing to this system you can get through tasks in an easier style. Now, all similar tasks will fall under one banner and be dealt with swiftly.

**Creating priority**

By creating a range and list of priorities it can be much easier to get to reach goals. Each week write down your top 3 priorities and work towards them every day.

**Waking earlier**

Simply setting the alarm for one hour earlier can be one of the most positive actions you will ever take – that extra hour makes all the difference in the morning.

**Learn to say no**

Learn how to say no to jobs and commitments you don't want to do. You should feel comfortable declining invitations if they don't bring you joy. You want to gain more control over your life and actions.