17 Ways to Empower Yourself to Take Action Every Day

Follow these 17 tips every day to empower yourself to take action every day. Over time, they'll become habits that create positive impacts on your life.

1. Ignore negative people - Negative, unsupportive people have no place in your life. They can only drag you down. Instead, surround yourself with people who support you in your dreams.

2. Groom yourself - Proper hygiene and a smart hair cut will make you feel like a better person *and* draw people to you. No one wants to hang out with a smelly guy.

3. Banish worries about what other people think - Here's a secret: People don't think about you as much as you think they do. Most people are concerned with themselves. You can only empower yourself if you stop worrying about what other people think about you.

4. Care for your skin - You can't feel good about yourself if you're always worried people are staring at marks or pimples on your face. Begin a regimen to care for your skin.

5. Dress nicely - Dressing well doesn't mean wearing $500 outfits. It means wearing clothes that fit your body and fit the situation. This will make you feel confident about introducing yourself, talking to people, and feeling comfortable in different environments.

6. Stand up tall / improve your posture - Good posture is a clear indicator of openness and engagement. Imagine a rope is attached to your head, pulling you up high. People will respect you more and listen to what you say.

7. Banish perfectionism - Perfectionism is simply a little voice telling you that you aren't good enough. Recognise your mistakes and shortcomings, but move past them.

8. Accept compliments - When someone compliments you, resist the urge to disagree. Accept the compliment gracefully and take a moment to appreciate it.

9. Set smaller goals - Big, hard-to-complete goals are daunting and overwhelming. Set a reasonable goal each day, like "Have a short a conversation with that guy/girl" or "Volunteer for that work project."

10. Affirm the good things - At the end of the day, make a brief list of the good things that happened during the day. Include any accomplishment, like "Ran 45 minutes without stopping," "Had a productive work day," or "Tried a new soup."

11. Care for your body - Sleep, healthy eating, and regular exercise will make you feel better about yourself. Listen to your body's needs and address them. The smartest, most hardworking, successful people in the world make time to cook at home and hit the gym.

12. Don't compare yourself to others - Comparisons aren't healthy. You aren't competing with other people. Instead, compete with yourself. How do you make tomorrow's version of yourself better than today's version? Strive to be better, not to conquer other people.

13. Be kinder toward people - When we behave in kinder ways, we think of ourselves as kinder people. Over time, the habit will reinforce itself and people will show kindness back to you.

14. Smile more - Smiles don't just express happiness. They can also make you feel happy. Plus, other people are attracted to smiles.

15. Learn something new everyday - Try to learn something new everyday, whether it's for work or pleasure. As your competence grows, you'll feel better about yourself and more willing to take action.

16. Do that thing you've been procrastinating - Like most people, you probably have some things on your to-do list that you've been putting off. You'll feel better about yourself if you take care of her thing right away. Try to do a hard thing right away every morning.

17. Do what makes you happy - Instead of spending time on hobbies or at a job you don't like, switch to the things that make you happy. You can't feel good about your life if you're miserable every moment.