



10 Small Daily Habits that can Change your Life

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You are your habits. The life you live today is because of the habits you have. If you want a better life in the future, then you need to create new and different habits that yield positive results. You probably also need to stop some habits that could be sabotaging your efforts to have the life you want. Changing habits can be hard. Some habits we have, have been around for a long time and become well and truly hard wired into the way we think and act. That doesn't mean you have to accept them. You can still make changes no matter how long you may have had a habit. Here, though, I want to talk about some quick and easy actions you can regularly take which will improve your day, your week, and ultimately your life if you do them regularly.

1. Wake up in the morning and be grateful. As soon as you wake up you want to set your mood and mindset for the day. **Think of five things you are grateful for.** I sometimes have clients tell me they run out of things to be thankful for. You don't have to always come up with new ones. Just think of everything that you are grateful for in your life and about your life.
2. Do some **physical activity**. Stress, anxiety, and depression can all benefit from physical exercise. And this doesn't have to be a long run. Just ten minutes of any sort of physical action can help put you in a better mood and be good for your body as well as your mind.
3. **Read for 30 minutes** a day. I am always amazed at how many people tell me they don't read books. Reading has so many benefits, including gaining more knowledge (I suppose that does depend on what you read though). You get to exercise your brain, your understanding of the world and how life works increases (also depending on what you read), it can be relaxing, and it takes you away from the everyday activities that sometimes just become overwhelming.
4. **Do something you love every day.** Life is short. And the older you get the more you realise just how short it is. Don't postpone doing what you love to do. Start with making a list of what you love to do, if you are unsure of what it is you really enjoy doing. Then do some of those things every day.
5. **Connect with one person** who matters to you during the day. As human beings we need to connect with other human beings. So, each day find at least one person you can reach out to, and reach out to them. It doesn't have to take a lot of time. Many of us don't have a lot of spare time during the working week. However, just a quick connection with someone can make a difference to us and to the other person.
6. **Do one task you don't like** or don't want to do. Do it **first thing in the morning** if you can. There will always be tasks we don't like doing. For instance, no matter how much you love

your job, there will be actions that you don't love so much. Make a point of each morning doing one of your tasks that you dislike. This way you don't keep postponing them. And you don't spend your time dreading the day when you need to do them all. And, you also start forming a habit to, first thing in the morning, get the dreaded tasks out of the way. If you can stop labelling them as dreaded tasks that will also help. Telling yourself that something will be horrible to do, just makes it even harder to do.

7. **Set three daily top priorities.** During the working week (if you want to you can also include the weekend), set three priorities for the day as one of your first actions in the morning. You most probably will find you get through more tasks, and you spend your time on the important tasks rather than the one's screaming for your urgent attention.
8. **Remind yourself of your strengths.** Life is hard. People are stressed and critical and sometimes mean to others. To keep your self-esteem and confidence up you want to keep reminding yourself of what is good about you. To keep reminding yourself that you have worth and value. And one way to do this is to remind yourself everyday of your strengths. We all have strengths, just as we all have weaknesses. Unfortunately for some people it is their weaknesses which tend to be top of mind. So, practice making time to focus on your strengths.
9. **Go outside or get into nature.** Sitting indoors all day is not great for your mood, your creativity, or your body. Even if it is winter or raining or snowing, try and spend some time each day outdoors.
10. End each day on a positive note. At the **end of the day, remind yourself of all your successes** during the day. A success does not have to be a success in the conventional sense, it can be an act of courage, an act of kindness, a difficult task undertaken. Whatever you think you did that was a success, list it before you go to sleep.

We live in a world where things that are big and loud are lauded. And because of that we often forget about the small things. We think they don't count or perhaps think they should not count. We minimize our small actions. "Oh that little thing...". "It's nothing". Except it is not. Every big thing attained is the result of small steps. Don't underestimate small daily actions. It is the small little things that lead to the big great things that make a good life.