

MINI EBOOK

10 WAYS TO

CHANGE YOUR LIFE TODAY

CREATED BY
RAYOWAG.COM

DECLUTTER YOUR LIFE

GETTING CLARITY IN YOUR PHYSICAL AND MENTAL SPACE IS A GOOD WAY TO HAVE A LITTLE RESET.



You can definitely follow the ideas of Marie Kondo when decluttering your physical space. Clothes first, then papers and books, after that it goes into more specific things like tech, media, office supplies and then you end the physical declutter with things that hold emotional value to you.

A good way to declutter mentally would be with a good journaling session. Just write out everything that comes to your mind, no matter how incoherent it might look in the end. Getting it out is the mission.

Another exercise I really enjoy is figuring out limiting beliefs. "What stops me from doing this?" or "Why does this make me feel that way?"

In case you feel like there is stress and toxicity coming from your social life you should also "declutter" your social circle.

SET BIG GOALS & CREATE ACTION STEPS

Obviously a big part of changing your life would also be to make new goals. Or to take old goals and dig deeper when it comes to those goals.

What do you want to achieve in life?
What are you currently doing for it?
What COULD you be doing for it?

Really figure out which goals are just a nice fantasy and which ones are goals you actually want to work on. You have to enjoy the journey, not just the end goal.

Break down that giant goal into a few bigger goals and those bigger goals into 10 year goals, 5 year goals, 2 year goals, and so on.

Now that you have broken down your big goals into smaller goals with a rough deadline of 1-10 years, you can go into the actual action steps you'll have to take towards them.

Those steps can be bigger if you break them down into months and you can go from there into even smaller steps you can take every month to make them work.

If you set goals you'll have to work consistently on them and I feel like a good amount of people don't keep that in mind in daily life and then wonder why nothing changes. Don't be that person. Even if you just work on it 30 minutes a day, it can make a big difference.



FOOD LIFESTYLE CHANGES

Go vegan or even just vegetarian or pescetarian. Or you could cut down your sugar intake. There are so many ways you can improve your eating lifestyle and even help the planet while doing so. Maybe eat more regional food from now on or simply cook more food at home instead of ordering it. Write a plan on how you will implement those changes and regularly check where it lacks and can be improved.

READ A BOOK A WEEK

You can also change your life by starting to read more and more books. I started reading more and more non-fiction and self help books over the last years and while there are a lot of weird ones, you will definitely find a few gems in there. Sometimes books with great reviews absolutely annoy me and sometimes badly reviewed books are great. Trial and error, but absolutely worth it.

LOCAL ADVENTURES

YOU DON'T HAVE TO TRAVEL THE WORLD TO
SEE NEW PLACES AND LEARN NEW THINGS ON
YOUR ADVENTURES

Here are a few places you could check out locally/in your
country:

- parks
 - museums
 - castles
 - mountains
 - forests
 - national parks
 - bigger cities
 - theme parks
 - spas
 - theaters
 - farmers markets
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DO A WORKOUT CHALLENGE

30 to 90 days of working out almost every day can really make a big difference in your physical and mental health. 30 day challenges can be super helpful to stay on track. In case you usually fall off those plans you should look into having accountability partners for working out.

Your goal should be to feel better in your body, have less aches and get mental clarity. Don't go into it with only a number on a scale in mind.

ORGANIZE YOUR FINANCES

Sometimes it can get easy to let our finances slip out of sight or not have them organized in the first place. A big way to change your life would be a system for your finances that works for you, is as easy as it can get for you AND helps you see where you can improve.

No, you don't need the really good coffee every day. Yes, you can wait 2 weeks for a purchase instead of impulse-buying things.

START A NEW HOBBY

START DOING SOMETHING NEW, FAIL AT IT AND GET EVEN BETTER.

Starting a new hobby is always a good idea if you want to change your life but don't already have a lot of things to do in your freetime.

Maybe you can get deeply into makeup, maybe you love writing fiction projects, maybe you want to make your own jewelry. There are so many things you could start.

The most important thing is that you shouldn't be afraid to fail at what you are doing. We only learn from mistakes. And on top of that you do your hobbies for yourself and not for others. You are your only critic and if you keep talking down on yourself with new hobbies, you won't ever get good at anything. So forget the weird paintings and the failed jewelry and start again with the knowledge of what went wrong.

If you need inspiration for a new hobby the best place to look for inspiration would be Pinterest. There are tons of DIYs and tutorials on there.





ASK FOR A RAISE

If you work for someone else, like most people, you should look into the ideal ways to ask for a raise. There are some genius ways to make sure you have a good chance of making more money. I've seen people track exactly how they contributed to their department or workplace. Those numbers or talking points will be a great help in getting a bit more financial freedom. In case you have your own business you could assess right now where you need to improve from now on and make a plan for it.

MAKE A NEW FRIEND

There is nothing that changes your life more than a good friend. Maybe you've been seeing someone on Instagram that you absolutely look up to. DM them and tell them that you like their pictures. If you never try, you'll never know what might happen with a person. Don't hold yourself back because of a "What if." Instead think, "What if this works out super well." Because most of the time it does and the times it doesn't are quickly forgotten.

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A WORKBOOK GUIDE on

HOW TO GET YOUR LIFE TOGETHER

You feel stuck in your life? Your days feel either too boring or too stressful and you don't know where to start fixing your life?

I have created an entire workbook just for you. My workbook will work you through getting clear on your goals and getting back on track in life again:



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