

Self-Management Skills and Tips

Stress management

- exercise your body;
- enjoy yourself, rest yourself as regularly as possible;
- go to vacations and holidays with the people you love;
- take walks in nature;
- do hobbies.



Self-motivation

- find and list your motives (needs and desires);
- find different sources of motivation and inspiration (music, books, activities);
- think expansive thoughts;
- live fully in the present moment;
- dream to have big dreams;
- dream often – every day;
- remember that nothing is impossible.

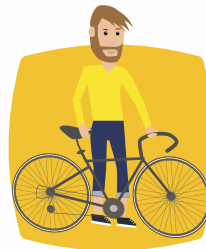


Self confidence

- get rid of the negative thoughts in your head;
- think positively;
- be happy with small things;
- do not forget to tell yourself that you are smart and intelligent;
- chat with positive people;

Time management and organization skills

- set and prioritize your goals
- create a schedule;
- make lists of tasks;
- use different optimization tools
- break large tasks into smaller tasks.



Have a healthy lifestyle and a balanced diet

Healthy eating and physical activities are extremely important when it comes to increasing your mind and body power