

SELF-IMPROVEMENT GOALS

Checklist – 45 Goals



Goals of self-improvement are vast and highly personal. Each one of us has to evaluate our own lives and selves to set relevant goals. When we begin to take an honest inventory of ourselves and our lives, our goals will become clear. Here are just some ideas to consider in self-improvement goals.

- Gain self-awareness**
- Gain self-understanding**
- To gain control of your own destiny**
- To be better**
- To feel better**
- Personal growth**
- To gain enlightenment**
- Build confidence**
- Eliminate self-placed limitations**

- Grow your resiliency**
- Believe in yourself**
- Cultivate a growth mindset**
- To live a genuine life**
- To gain fulfillment**
- To understand your purpose**
- To live up to your full potential**
- To learn to be honest with yourself**
- To improve happiness and wellbeing**
- To improve your life**
- Inner peace and contentment**
- Professional success**
- To build gratitude**

- To break bad habits**
- To build healthy habits**
- To stop self-sabotage**
- To improve self-esteem**
- To address and deal with problems within yourself and your life**
- To process and deal with childhood issues**
- Stop procrastination**
- To become highly productivity**
- Improve focus**
- To boost motivation**
- Learn how to set and achieve goals**
- Master problem solving**
- Become self-reliant and independent**

- Learn positive thinking**
- Become more assertive**
- Learn how to process feelings in a healthy manner**
- Life balance**
- Thrive in mind, body and spirit**
- Self-actualization – “the realization or fulfillment of one's talents and potentialities, especially considered as a drive or need present in everyone”**
- Healthy relationships**
- Master gratitude**
- Stop controlling behavior**
- Stop perfectionism**

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