

Micro habits that can change your life



Say 'yes' more often

Choose to expand your learning. Get out of your comfort zone by starting to say 'yes' to things you might not normally do.

YES



Write a journal

Spend about five minutes every day journaling. Reflect on what you've done in the day and start penning it down.



Celebrate the small wins

Acknowledge your small “wins” to stay motivated. Create a success journal that you can revisit whenever you need a morale booster.



Keep repeating your goal

Train your conscious mind to focus on your goal by writing or saying it out loud. This literally teaches your brain to maintain your goal in conscious attention and work towards realizing it.



Pause when angry or emotional

Count to ten in your head to stop blurting out something you would regret later. Pausing for 10 seconds will give you enough time to come up with an appropriate response.



Start saving money

Create a budget to limit your spending on unnecessary things. Make it a goal to save or invest a certain amount of money each month or year.



Smile more

Smiling relaxes you instantly and will make you sound friendlier and happier. Smiling will also help bolster your confidence when you're feeling overwhelmed.



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