







## 100 Healthy Habits To Drastically Improve Your Life

Looking for ways to improve your life? Want to know what healthy habits you need to develop?

They say if you control your habits, you control your life! So, I've been collecting and refining a list of actions or activities that I think are essential for us to master and turn into habits in our lives.

I hope this inspires you to make little changes in your life that add up to big things! Of course, I'm not suggesting doing all of these 100 habits every single day, it's not realistic and also not sustainable.

But every little bit counts for your self-improvement journey.

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