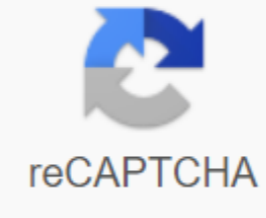




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## 20 in 2020 by gretchen rubin

In episode 76 we will present our 20 for 2020! It's time to go over our list of targets for next year. Like last year, instead of making New Year's resolutions, we are once again inspired by our online pretend best friend Gretchen Rubin to make a list of 20 goals for 2020. 20 for 2020 is basically a list of things you want to achieve next year. They can be big or small, something just on the edge of your comfort zone, or something that's pretty easy that you know you just want to achieve this year. If you go back to my list of 18 for 2018 and 19 for 2019, you can see the updates I've added to this feature that let you know where I've reached my goal or where I've done it or where I've completely failed. Jenny and I have discussed both our 18 for 2018 and now our 19 for 2019 earlier on the Podcast, and in the upcoming episode we will re-visit our 19 for 2019. If you haven't heard these episodes, you can check them out here. Episode 27, Episode 28, Episode 56, Episode 67, Episode 68, Tune in and listen below what you hear (and don't want to miss!) 1:30: Intro 1:48: Jenny and I share our 20 for 2020 30:18: Outro Resources + Links listed in this episode. Peggy and Jenny Right click here and save to download this episode to your computer Share your thoughts... We'd like to hear from you! What was your biggest take away from this episode? Have you made a list of 20 for 2020 yet? We'd like to see what's on your list! Share with us!!! Come and say 'Hello' on social networks using #theimprovementproject. I'm on Instagram and Twitter, and Jenny's on Twitter. We also have a Facebook group. Come and ask to be added to the group to join the conversation habits! And if you never want to miss a new episode, be sure to subscribe to the newsletter. Show a little love Did you enjoy this podcast? Leave a heartfelt review on iTunes. Your reviews and reviews really help spread the word, and we take the time to read each one. Listen on iTunes | Stitcher | Google Play | The Spotify Improvement Project podcast is hosted by Dr. Peggy Malone and Jenny Couse. Peggy is a healthcare provider who encourages her patients every day to develop better habits associated with their health and wellness. She is the wife of cheerful and heavily haired John, with whom she takes many adventures. Dr. Peggy is also a human being on a mission to create better habits for herself and by hoping to inspire others to take on the challenge with her! Jenny is a marketing professional in international business. She and her husband Jeff are parents to a cheerful 6 year old Ethan. Her year of monthly resolutions in 2015 raised her concerns about how habits are created and Keep. Join them every week to explore how to create healthy habits that keep you on track to get better people! #TheImprovementProject next time, let's work on improving your most important project. It's you! Concentrate and become after him! Thank you so much for listening. Big Love, Peggy and Jenny Elizabeth and I love exercise making 20 for 20 list. This is the third year we have tried this approach. In episode 149, we talk about our 18 lists for 2018, and in episode 203 we discussed our 19 lists for 2019. Now, why make the 20 for 2020 list at all? Research shows that people who construct their goals on specific dates are 50 percent more likely to feel confident that they will reach their goals and 32 percent more likely to feel in control of their lives. For some reason, we've found - and listeners say the same goes for them - that there's something fresh and fun about doing a 20 for 2020 list. Some people (like me) make New Year's resolutions, but many people (like Elizabeth) have bad associations with them. This approach somehow makes it more pleasant to think about what we want for the new year - it's more hopeful and useful. People have done a lot of creative things with their lists. Some people: create a list of 20 items that all include number 20, such as Read 20 books, or visit 20 new restaurants to make a beautiful presentation of your list to organize your lists into topics like Adventure, Family, Careers have one theme for the entire list, as health-this topic could tie in a one-word for the year, make a ta-da list to remind them of everything I've already done to make for evolution, by making a list of thirty items so ten can be omitted or making an item #20 something like replace one item on the list with something I'd rather do to make a list of just fun, enjoyable things to list 10 stretch goals and 20 easy goals to list deal with another person or as a family my own 20 for 2020 As I studied happiness and customs I'm very surprised by how the same activity can be much more appealing-or not-depending on how we frame it, the vocabulary we use, and how it suits our individual nature, values and preferences. Would you rather practice piano or play the piano? Would you rather turn off the light earlier or get a quieter sleep? Would you rather give up sugar or Quit Sugar or Cook for yourself? Twenty may seem like any number (Interviewers!), but it feels like a fun approach to the year-especially given that this year is the double 20s. This approach may not work so well in 2089! But 20 seems like a manageable number, long enough to make for variety and a good mix, but not so long that it can't be printed on one piece of paper. It would be fun to cross every item off the list, but neither Elizabeth nor I to do that yet. The key question is: Does this list help us be happier, healthier, more productive or more creative by the end of the year? People's tremendous enthusiasm for this approach - and our own experience - has convinced us that, yes, it's a good way to improve by a year. Have you made a list of your 20 for 2020? I love seeing lists of people-it's fascinating to see what people are doing with their list-so if you're so inclined to post it #20for2020. We can get good ideas and encouragement for each other. (Elizabeth and I are both cradle items for each other from other people's list.) Sharing lists can be a great exercise in breaking ice. Lists of people reveal a lot about interests, values and aspirations - it's an interesting insight into someone's personality, but it's not so intimate that they feel inappropriate. If you would like a sheet where you can write your list neatly, download yours here. Moving forward in 2020! I think a lot about human nature: Who we are; why do we do what we do (or not); how we can change if we want to change. So I think a lot about happiness and how we can be happier, healthier, more productive and more creative. And one of the most direct and manageable things that almost anyone can do is walk 20 minutes every day. If you listen happier with gretchen rubin podcast, you heard Elizabeth and I introduce this idea in episode 252. Why bother walking for 20 minutes a day? Research clearly shows that exercise increases our health. Studies show that active people have a lower incidence of heart disease, obesity, cancer, dementia, and type 2 diabetes, and typically live longer than people who are sedentary. Exercise improves blood circulation and posture, as well as focus, energy, restful sleep and creativity. Exercise makes people less likely to develop depression and reduces anxiety, and is

associated with happy moods. But many of us don't have much physical activity, and in fact, many Americans are completely sedentary. Encouragingly, if we go from no activity to a small activity, we get great benefits. And if we're already practicing, adding more movement to our time is still going to give us support. If you'd like to read more about why the Walk 20 in '20 is good for our health and happiness (Interviewers, I know you want facts and justifications!), check out these articles and books: Many people I've found agree that a 20 minute walk each day would make them feel happier and more energetic. But they're trying to stick with him. If that's your problem, my book *Better Than Before* explores 21 strategies we can use to build our habits. Sometimes people say to me, "Twenty-one is too much!" Give me the big three! But different strategies work for different people, so consider offering options and choose strategies that work for you. For example, I will describe how to use the Pairing, comfort strategies, planning strategies, accountability strategies, monitoring strategies, and identity strategies. To make the habit change easier, I created a one-page checklist for Habit Change that lists all the strategies you can use to create this habit. You can very well use many strategies in combination-which is easier than it sounds. To download the checklist, visit this page and scroll down to see it. You may also want to check out my one-pager *Exercises better than before*. To get a deeper idea of why you might struggle with the habit, and find out which of the 21 strategies will work best for you, my book *Four Tendencies* can help you figure out the approach that is most likely to work. If you don't already know if you're a holder, interviewer, obligator or rebel, take the quick and free quiz (more than 2.5 million people chose this quiz). If you are discouraged because you have tried and failed in the past to master an important habit, do not worry. There's nothing wrong with you. I guess you just set it up so it didn't work out for you. Answers and solutions exist! It turns out it's not that hard to change the habit when you're doing it the way it's right for you. You can also connect to my free app, the Better app — I've created a walking group within the app. You can share tips, get excited, and get responsibility from other people who do #Walk20in20. Speaking of which, use #Walk20in20 to post from your daily walk on social media. As other people's strategies explain, we take habits from other people (for better or worse), so it's helpful to feel like we're connecting with others. And if, like many people, you like using the Don't break strings approach, I've created a Walk 20 in '20 one-pager that allows you to check off every day you walk. You can download it here. But with Do not break the chain, remember - we do not want to break the chain, but if we break the chain, it is not a big problem - just start the next day. It's one of my habits: What we do most days matters more than what we do once in a while. When thinking about your #Walk20in20, try to find ways to add whimsy or fun. Listen to your favorite podcast or audiobook while walking. Create a playlist of your favorite music. Take a walk around the dog park so you can play with some dogs. Create a chart and color it with fun colors and patterns. At least a few days you can walk with a friend - this is #9 item on my list of 20 for 20. Or maybe you want to be alone. No one's going to talk to you if you walk! FAQ: Can I split the time to walk 10 minutes twice a day, and still get benefits? Yes. I want to lose weight. Will #Walk20for20 it? While exercise helps manage blood sugar levels, and people who exercise seem to maintain their weight shows that exercise is not the way to lose weight. Weight reflects what we eat, so work on the food side. As a nutritionist, he told me: You can not overtake a bad diet. I can't go for a 20 minute walk. Can I join and do something else, like yoga or reading, with my 20 minutes? Obviously! I don't like going out in winter weather. Are there any suggestions for walking inside? Take a walk in the mall, around the edge of the store with large boxes, or check out YouTube for some 20 minute walking videos. Alternatively, invest in very warm clothes and good shoes and try to resist the cold. It's easier for me to think about steps than minutes. What number of steps should I aim at? That's about 2,400 steps. Imagine how great it will feel to get to the end of 2020 and remember all the walking you've done, twenty minutes a day, during the year. It really makes you happier and healthier, and in what seems like a paradox, but it doesn't, it will make you both more energetic and calmer. Here we go! This!

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