

99 Habits That Will Make You a Smarter Woman

by SHINESHEETS.COM

1. Read books daily.
2. Do one self improvement act daily.
3. Analyze your mistakes and learn from them.
4. Keep yourself informed about the things that are going in the world.
5. Read about politics and your country affairs.
6. Always go to vote.
7. Recycle your trash.
8. Create a plan before doing anything.
9. Always focus on the positives.
10. Participate in interesting discussions.
11. Always look for something new to learn.
12. Learn about food additives and start reading food labels.
13. Keep an updated survival bag.
14. Play chess or other strategic games regularly.
15. Always try to think outside the box.
16. Hang out with smart people.
17. Practise mindfulness.
18. Meditate daily.
19. Eat healthy & exercise.

20. Download IQ improvement apps on your phone.
21. Practise to express your opinion without getting offended.
22. Read self improvement blogs.
23. Regularly do new self improvement activities.
24. Journal daily.
25. Stop caring about what other people think.
26. Don't involve yourself in dangerous things.
27. Educate yourself about the topic before making important decisions.
28. Track your finances.
29. Take proper rest every day.
30. Develop a morning routine.
31. Always listen before you speak.
32. Challenge yourself regularly.
33. Go through online courses.
34. If you're failing at something, try to learn and improve before giving up.
35. Think of difficult situations as a way to become stronger.
36. Think of new ways to do old things.
37. Listen to an audiobook on your daily commute
38. Be selective about things you do, eat or use.
39. Watch less TV.
40. Practice self care daily.
41. Always try to eat intuitively.
42. Read the news every morning.

43. Always notice your emotions and accept them (they are all valid).
44. Practice gratitude daily.
45. Stop overthinking by getting back to present moment.
46. Never skip your breakfast.
47. Limit your smartphone use.
48. Look for new hobbies that feed your brain.
49. Read philosophy works.
50. Follow NASA news, missions and findings.
51. Watch smart and informative Youtube channels.
52. Soak up knowledge regularly on Quora
53. Exercise your memory.
54. Be curious about everything.
55. But also be a little sceptical too.
56. Always look for ways to work smarter, not harder.
57. Build up your library or become a member of a local one.
58. Read e-books.
59. Before doing something new, do a good research.
60. When looking for information, choose sources that are trusted or official.
61. Never compare yourself to others.
62. Learn about human psychology and latest findings.
63. Accept the fact that some people are bad – and move on with it every time.
64. Ask for help when you need it.
65. If you can, teach others about things you know.

66. Spend more time on things you're good at.
67. Grab a dictionary daily and learn a new word.
68. Practice your writing skills.
69. Keep a life binder.
70. Always write down everything.
71. If you need to work with a lot of information, always systemize it first.
72. Travel and explore new places whenever you can.
73. Memorize core points of your city map.
74. Memorize important numbers.
75. Create and keep a planner to spend your time well.
76. Educate yourself about cosmos, universe and time theories.
77. Work on your willpower.
78. Never give up until you have a 100% proof that it's time to stop trying.
79. Don't be afraid to give or receive constructive criticism.
80. Invest in yourself.
81. Refresh your basic knowledge in biology, math, chemics and geography.
82. Learn about the way other cultures live and implement what's best in your own life.
83. Start saving a little money every month.
84. Go through a first aid course at least once a year (or just make sure you always remember how it's done).
85. Always focus on one thing.
86. Learn new languages.
87. Listen to podcasts or audio books while commuting.

88. Think well about the things you're posting on social media.
89. Trust but be cautious at the same time.
90. Regularly have a day when you try to live your life without technology.
91. Do something to improve your mental strength daily.
92. Brainstorm new ideas when you feel stuck.
93. Discover and accept yourself completely.
94. Prioritize your health over goals.
95. Always be selective about things you read or watch.
96. Value and make use of other people knowledge.
97. Try to always have a few options for everything.
98. Instead of feeling sorry for yourself, look for a solution.
99. **Accept the fact that it's impossible to be 100% smart.**

*“Intelligence will
never stop being
beautiful.”*

- Someone really smart -