

18 HACKS AND TIPS TO BE A BETTER MAN!

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Introduction

You might contemplate that being a better man is about making things huge, like huge biceps, a huge bank account and the list goes on. But what if I told you differently? That creating a 2.0 version of you in 2018 is all about being considerate and mindful towards the small things. For that matter, I have brought you astonishing life hacks and tips that will help you become a healthier, happier, more stylish, well-groomed and a more successful version of you. So, let's get started.

18 Hacks and Tips to Be a Better Man



1. Be Productive

Sitting around binge-watching the addictive seasons or sticking to the gaming console isn't going to bring any productivity from your part. So, get moving. Set yourself some huge goals to attain this year and then break them down into smaller ones to make them more achievable.

This will help you become more productive instead of dedicating your life for pure entertainment.

2. Don't Settle for less

Don't settle for anything less than the best and start taking all the obstacles as challenges that you must overcome with determination to achieve what you deserve which is only the best. Dream big and then stay focused to achieve your dreams.

3. Fitness and Health should be your Top Priorities

Fitness and health need to be among your top priorities if you ever wish to be a better version of you. Don't look for shortcuts. Adopt a healthy lifestyle and join a gym. These two things will take you a long way in the worlds of love and fitness making you irresistibly attractive and healthy at the same time.

4. Invest in your style

Investing in your style is one of the most important things in becoming a better you which can't be overstated. So, go ahead and get a wardrobe overhaul. Invest in some great basic pieces including jeans, tees and jackets and not to forget the accessories. Shoes also play a major role in defining your style, so choose them wisely while keeping your comfort in view as well.



5. Treat Your Woman with Chivalry

Chivalry can't be overrated as it is every bit sexy and adorable. So, go ahead and be a gentleman for your girl. Open doors for her, carry her shopping bags, help her in getting seated etc. show her some love and respect and you will see how it works wonders for your relationship while making you look like a complete gentleman.

6. Improve your Communication Skills

Great communication skills can be your key to loving relationships as well as professional success. So, work on your grammar, vocabulary, and confidence. Try to be more expressive in

public to practice and become better at communicating your thoughts and feelings with fluidity and clarity.

7. Carry Yourself Confidently

Pay attention to the way you carry yourself. So, while you work don't look down rather look straight ahead and when you speak, speak with authority to make yourself heard. Avoid mumbling your words and shuffling your feet to project yourself as a man of confidence.

8. Get Outside More

Staying contained inside the walls of your home all the time is not a good idea. Spending some quality time outdoors to appreciate Mother Nature leaves a very positive effect on your body, mind, and soul. Taking deep breaths in some greenery, makes you feel refreshed. Getting out of town by yourself or with your family can help you a lot with releasing all the pressure that the boring routine and work are putting on your shoulders.



9. Keep your Temper under Control

Keeping your temper under control is imperative as the man who gets angry first is the one who loses. So, learn how to manage your anger effectively in order to avoid arguments and handle yourself like the gentleman you would like to be.

10. Perfect teeth

Having the perfect set of teeth is a lifetime investment. So, if you don't own a set that you can proudly smile with, save up and get an appointment with your dentist to get them fixed. You

will definitely become more confident considering all the occasions that we smile have to smile on.

11. Be More Mindful

Being mindful in all what you do can take you a long way towards a better life. When you eat mindfully you consume less and digest well which makes you healthy. When you work out mindfully, you exercise smartly and achieve fitness goals in a better way. When you become mindful of your work, you are able to manage your tasks efficiently. In other words, be mindful in every walk and activity of your life to be an efficient version of you.

12. Meditate

Meditation can have a very positive effect on your attitude towards life. Take out some time to quiet your mind down. This helps to soothe your nerves and you feel stress-free. When you don't feel stress you get good vibes from everyone and feel happy about life and your relationships. You can also do some yoga, it includes some very good techniques to reduce tension and feel as light as a feather. So, get help from these techniques to become the better you while availing the amazing health benefits they offer.



13.Sleep More

Getting enough sleep is a very important factor in boosting the mind which has a direct effect on your life. When you do not sleep enough you get annoyed at every little thing and do not feel good about anything. This may affect the people around you in a very negative way. So, try to get enough of the sleep time to feel fresh and healthy when you get up and make this world a better place by being a better you.

14. Be Grateful

Being grateful for what you have thrived for and achieved and what you have been granted will have a very positive impact on your behavior. You will feel blessed, humbled and happy when you show your gratitude for what you have been given. As a result, you will get all the positive energy that can help you achieve further by becoming a better man.

15. Put Your Phone Away

The smartphone is the ultimate wrecker that plays a major role in destroying your relationships as well as harming your career. So, it is imperative to go off grid. Set some ground rules to stay off the phone after a certain time and spend quality time with your loved ones or doing some more productive activity instead of mindless scrolling. This will help you achieve all the better things in life from healthy relationships to progressing career and a better sleep cycle, of course!



16. Have an Optimistic Approach towards Life

Another important step towards becoming a better man is to have a positive approach towards life. It is a very good habit to promote mental health and healthy relationships. This positive approach will help you create a healthy environment in both your personal and professional life resulting in a peaceful life.

17. Say No to Stress

Stress has a very negative impact on your life which can make you the worse version of you. So just relax and avoid stress as much as possible. You can follow some stress relieving tips to get

rid of it permanently. For instance, you can go out for a brief walk or use Music therapy to release the stress.

18. Groom yourself like you mean it!

Here comes the last by definitely one of the most important advice that would transform you into your best presentable version; Groom, groom, and groom until you bloom. Try to look your very best to send off all the beautiful and great smelling vibes to attract maximum attention by becoming the most groomed version of yourself.



You can use the following tips to make the perfect maintenance plan to look great all the time.

- Visit your barber regularly, book your appointment every four weeks and stick to it.

- Invest in the haircare products that work well for your hair.
- Find one or two of your favorite aftershave scents and invest in them as your signature scents.
- Your teeth are the most noticeable part of your personality so brush them well and floss regularly.
- Keep things neat and tidy down there as trimming the pubic hair is completely acceptable rather appreciable in 2018.
- Scrub your face thrice a week to get rid of the dead skin and look better.
- Taming and maintain the facial hair of any length is the key to a groomed look.
- Learn the basic of a good shave as it might come handy but do get a shave from a professional once a week.
- Indulge in a foot care routine including scrub and massage once in a while.
- Tackle the dark circle problem with eye roll on to look well-slept and refreshed.
- Cut your nails once a week.

Conclusion

So, go ahead and use these amazing life hacks and tips and become a better version of yourself this year and make the world a better place. Devise a plan using all these advice to create the 2.0 version of yourself that everybody would love to engage with for being fit, mindful and groomed.