



“S” is for September and Self-Improvement Month

Self-Improvement Month provides the opportunity to make a conscious effort to grow personally or professionally. What that looks like is unique for each of us and requires that we set goals and take action.

Through self-improvement, you have the opportunity to create a healthier lifestyle and a heightened sense of self-awareness. Additionally, you may find that you build better problem-solving skills, which can make you more adaptable to changes in the future.

After all, life is not static. Instead of letting life speed by you, take the initiative to improve yourself and let it lead you to amazing things.

There is no limit to how or how often you can practice self-improvement. The list provided is not exhaustive; however, it is an excellent place to start.

Financial Pillar

25 Self-Improvement Ideas

1. Wake up earlier.
2. Read books.
3. Shift your circle of awareness.
4. Practice mindfulness.
5. Find a mentor.
6. Find an accountability partner.
7. Work on your financial goals.
8. Journal.
9. Start exercising.
10. Drink more water.
11. Eat well.
12. Take courses.
13. Be honest with yourself.
14. Invest in yourself.
15. Try a new hobby.
16. Practice gratitude.
17. Volunteer.
18. Create a focus plan.
19. Admit your mistakes.
20. Declutter your life.
21. Create a daily routine.
22. Let your past go.
23. Try a minimalist challenge.
24. Learn to say “no.”
25. Take a social media detox.



Our Brains are Wired for Self-Improvement

Neuroplasticity is the ability of the brain to change or rewire throughout life. It is the basis of learning and recovery after injury.

Entrepreneur Naveen Jain explained, “Neuroplasticity research showed that the brain changes its structure with each activity it performs, perfecting its circuits, so it is better suited to the task at hand.”

Focus on Financial Goals

One self-improvement action is to work on financial goals. It can be difficult to enjoy your life fully if you are constantly worrying about finances. Below are tips to help make your financial goals a reality.

Include the whole family. Goal setting presents the perfect opportunity to bring family members closer together. For younger members and members who have never set financial goals, it is also an educational experience.

Kids benefit because they will learn more about money management, saving money, and becoming goal-oriented individuals. Their inclusion is also essential if the goal will impact them directly.

Create realistic goals. When you set unrealistic goals, you get discouraged and give up. When your goals are practical, you don't get frustrated. You work hard toward attaining them.

Read more about goal setting on the Financial Pillar's section of the [Wellness website](#).

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Attend Campus Classes to Meet Fitness Goals

CHEC, Room #135: **Yoga Class, Tuesday, 12-12:45 p.m.**

McKinney Campus Fitness Center, Dance Room: **Zumba Class, Thursday, 5-6 p.m.**

Plano Campus, Oak Point Recreation Center: **Water Aerobics, Monday and Wednesday, 4-5 p.m.**

Technical Campus, Inside A280 APCA: **Yoga Class, Thursday, 12-12:45 p.m.**

Wylie Campus Fitness Center: **High-Intensity Interval Training, Monday-Friday, 12-1 p.m.**

****Pilot Program at CHEC - Zumba - Sept. 13, 20, and 27, 5-6 p.m.****



Thank You

Thanks to Wellness Committee member, professor, and Burnalong fitness instructor J.C. Terrazas for providing a wellness stretch break during All College Day!

Eat What's in Season

Fruits and vegetables in season are cheaper and better in flavor and nutrition.

Enjoy fresh local produce all year long with this [monthly guide](#) to what's in season in Texas.



Connection Pillar

Do Good for Your Health and the Community

Physical Pillar

Check out the websites below to learn how your fitness routine can benefit charitable organizations.

Walk for a Dog: www.wooftrax.com

Charity Miles: <https://charitymiles.org>

Girls on the Run: www.gotrdfw.org

Run Project: www.runproject.org/charity



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**Welcome to the
2023-2024
Wellness Committee!**