



RECTIFYING THE
THINGS YOU CAN
FIX IN YOUR
PERSONAL LIFE

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Rectifying the Things You Can Fix in Your Personal Life

Everyone has their own personal problems in life that pop up when you least expect them. Whether it has to do with your mental health or just your progress in general, it's okay to have problems that you may not feel ready to face.

Some people just live with the problems around them, and refrain from working towards a plan that will fix what is wrong. The challenges you face don't have to be as difficult or overwhelming as you make them out to be in your mind.

You can take every problem and work to solve it in smaller steps and changes. Creating different plans to work on your personal growth will make a big impact on your mental health and career path.

Getting the Financial Pressure Off of You

When you're on the path of financial recovery, there are plenty of methods to try that will help you plan how to rein in your spending and start paying off debt. Some may take longer to plan and work on than others, but each has the goal of easing the stress of financial pressure.

Pay off the debt with the highest interest rate. With this method, you are focusing all of your energy and effort towards knocking out the debt where you're paying the most in interest.

Since it's the one thing that will end up costing the most over time, it's efficient to pay it off first. That way, your debt doesn't pile up on you while you slowly pay off pieces of each one.

Consider the snowball method. The snowball method means that you work to pay off the smallest of your debts, and work your way up to the largest one. That way you will be making progress and ridding yourself of debts one by one.

And the progress will feel quick at first because you will be eliminating the smallest ones first. You'll feel momentum knowing you have certain credit cards fully paid off, and this is a great stress reducer.

Consolidate your debt. If you only have a few and are feeling overwhelmed with several separate payments, you may want to consider consolidating your debt. For example, if you have student loans, you could attempt a refinance loan to bundle multiple loans.

You have to be cautious with this method because some places may try to enforce higher interest rates, pushing you further into the negatives. You want to make sure that the consolidation makes financial sense.

Create a savings goal. As you're paying things off and working to reach a better place with your money, you may want to start planning out your savings goals. If you want to save a certain amount by the end of the year, create a realistic goal for yourself so that you are still putting back a cushion that may save you in unpredictable circumstances.

Outline a budget to live with. Spending money is easier than it should be, and money goes faster than we'd like it to. In order to keep yourself reined in from spending money on frivolous things when you're in a pinch, you have to create a planned budget and stick to it.

Take the time to plan out your monthly expenses (loans and bills), savings, and an allowance for yourself. This will help you get to where you need to be, if you can stick to it.

Find a side hustle to help you earn more and get out of debt faster. As an online entrepreneur, you probably already have some knowledge on the world of side gigs and freelance work.

If you're looking to make a little bit of extra money, whether it's to pay off debts or go towards a savings account, finding a small side hustle will be a simple way to ease the financial burden.

From freelance writing to working as a virtual assistant or creating graphics for other online entrepreneurs, there are plenty of things to try that won't take up a large portion of your time.

Setting Boundaries with Toxic People and Improving Relationships

When you know that someone around you is acting toxic toward you, intentionally or not, it's time to set some boundaries that protect both you and the relationship or friendship that you're in.

Some problems might be with a spouse or significant other, such as not helping out with chores. No one should cover the brunt of the housework on their own. You have to set the boundary in your relationship so that they know that they have to put in some effort to help you.

A relationship should include an even split when it comes to the things you don't really want to do. Some people are toxic about demanding affection or not allowing alone time.

Of course, spending time with your partner is important, but you should also be able to get some time to yourself. Everyone needs space, and it's a good practice to keep to prevent any tendencies of codependency.

Even if you just want to spend the day at the park, or go read a book, that should be respected. It's healthy to have time to reflect and experience your own thoughts. Sometimes toxic relationships are with other family members.

For example, there may be a lack of trust. Your family should trust you just as much as you trust them. They should not question your judgements, especially if you are a grown adult.

Setting a boundary and telling your family members that you require respect and trust is a healthy idea. If the problem is with extended family sounding off about your children or spouse, make sure they know where you draw the line about them having a say.

Sometimes, colleagues will overstep their boundaries with things like your time. Don't allow anyone to walk all over you, constantly asking your opinion or intruding on the time you need to spend working.

They might take advantage of your kindness and desire to please others. They will make you shoulder some of their work, and will put in less effort. If they know that you will cover for them and do their work so that everyone remains happy, they will continue to put that burden on you.

Set healthy boundaries with everyone for things you don't want to share or for things that mean a lot to you. Learn how to say no. Practice telling others no, even in the smallest of senses.

It isn't always easy, especially if you are a people pleaser, but it is a skill you have to learn in life. You deserve to set any boundary you need and say no without explanation to others.

Everyone is entitled to their own privacy. You aren't required to tell anyone anything going on in your life, and those around you should be able to respect it. If the people surrounding you refuse to respect the boundaries you set, then they should not be in your life.

Cutting out relationships may be challenging for you, but you won't be happy if someone in your life constantly goes over the line. As long as you stand your ground and are polite in your boundary setting, it will be the healthiest move to make.

Set Goals and Meet Milestone to Improve Your Health

You can only be as healthy as you allow yourself to be, so making the effort to take care of both your mental and physical health is important. Learning how to set goals that will lead to your health improving is another way to make your quality of life improve as well.

You don't have to make giant changes in your life - just small things that will lead to a larger impact over time. Start by drinking more water. Even if it's just a simple glass of water in the morning, and a glass of water before bed, it will make your body feel a lot better.

Water is a type of fuel that a lot of people don't get enough of. Or you could drink a glass of water with every major meal. Some people even carry around a specific bottle that they fill up over and over again throughout the day.

Set up follow-up appointments. Once you've gotten those initial check-ups, the next step is easy. All you have to do is call all of those places back (whether it's for your vision, teeth, or just a regular doctor's visit) and set new appointments, to establish a pattern.

Go on a daily walk. A simple walk doesn't have to be very long. You could just walk around your neighborhood for five minutes. The important part is that you are going outside and getting some fresh air, while also stretching your legs.

Giving yourself time to take a breath and enjoy the outdoors will help you mentally. Stretch every morning. Whether you have a big day ahead of you or just a relaxing one, stretching is always a positive and healthy way to get your body ready for the day.

Even if you just do some simple stretches, your body will thank you later. This will also help relieve tension and pain throughout your body, and possibly lighten the pressure on your joints.

Take breaks when you need them. Learning to pace yourself is essential in the theme of taking care of yourself. If you've been working at your desk for hours, take a half hour break and eat a snack.

Your mind will just feel tired and overused if you don't exercise moments of relaxation. As long as you can control yourself and get back to work at some point, breaks can be taken at any time.

For those who struggle with time management, you may want to set up a schedule with pre-planned, created breaks, so that you don't have to overthink it. This way you won't forget to take them, and you also won't go overboard with them.

Improving Your Time Management Skills

There are many tools out there that assist people who struggle with time management skills. Each of these are designed to help you stay on track so that you can focus on more important things.

There are free online apps or websites that will help you manage your schedule and time in the form of planning. Being able to write all of your projects and due dates in one place will keep you organized and goal-oriented with your focus.

Set alarms and allow yourself an allotted amount of time to dive deep into your work. This goes with the method of high energy in a short amount of time, so that you don't have to worry about distraction or boredom.

Use add-ons to block social media sites. There are different add-ons and extensions you can utilize that will block certain social media apps and websites while you are working.

It's a great way to keep your focus on a specific pathway that will be productive. And it will keep you from draining your day spending hours on sites that don't lead to any productivity.

A solid physical planner that you can sit in front of is a great way to help you manage your time. Similar to an online schedule manager, you can write out your plans and goals for the day, and be able to look back and read your own progress. Some people prefer hands-on planning, so this is a great solution.

It's important to make time for your family and friends - and the things that make you happy. If distractions aren't your problem, then it may be the speed of your work. You will need to do research to find different shortcuts and hacks that will speed things up.

Finding Things You Sincerely Enjoy in Life

In order to enjoy your life, you have to do things that make you happy. You also need to surround yourself with people that you enjoy, and ones that lift you up to be the best version of yourself.

Make friends on social media. If you're looking for friends, social media is a great place to start. You can find different communities and niches that fit your interests, and bond with others over the things you love.

Some of your closest companions may come from places you least expect them to. Not all colleagues will make good friends, but it doesn't hurt to work to befriend some of them, especially the ones that make your work more interesting.

Even in small towns, there are always events going on. It may be at your public library, a hall, or any other place willing to host. The events are designed to bring the community together, so you should be able to find people who are local and have similar interests.

Something as casual as a book club may lead you to a group of best friends. Finding a niche club will ensure that everyone has at least one major similar interest, and you will all be able to bond over it.

There are plenty of different unique and exciting classes to take that may help you find your new favorite hobby. Whether it's an online cooking course, or a paint and sip class, it will be a new project to try that will take up some of your time.

And if your budget is low, you may not be able to do those things as frequently. But even once a month is enough to have something that you can always look forward to. If you love helping others, there is always a place for that.

You can try calling your local shelters and seeing if there is an availability for new volunteers. Help is always needed, and most places will gladly accept it. Some people completely fall in love with sports and the spirit of it all.

It can be entertaining, and you will find a team to root for in no time. It also may be a common interest among many people in your community. Embrace creativity. You may not be the world's next greatest artist, but art and creativity is all about expression and emotion.

Giving yourself an outlet for your feelings is a great way to get them out in a healthy manner, all while you create fun and unique things. Whether you want to have a hobby writing fiction or practicing martial arts, these are activities that can bring enjoyment, lower stress levels and give you many rewards.