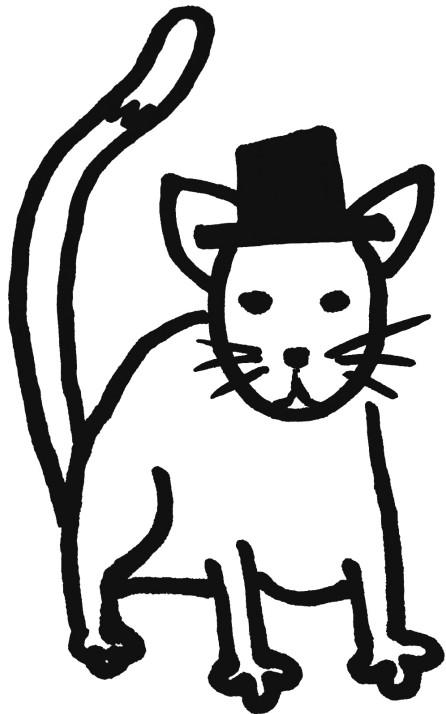


HOW TO
BECOME A
BETTER-
PERSON:

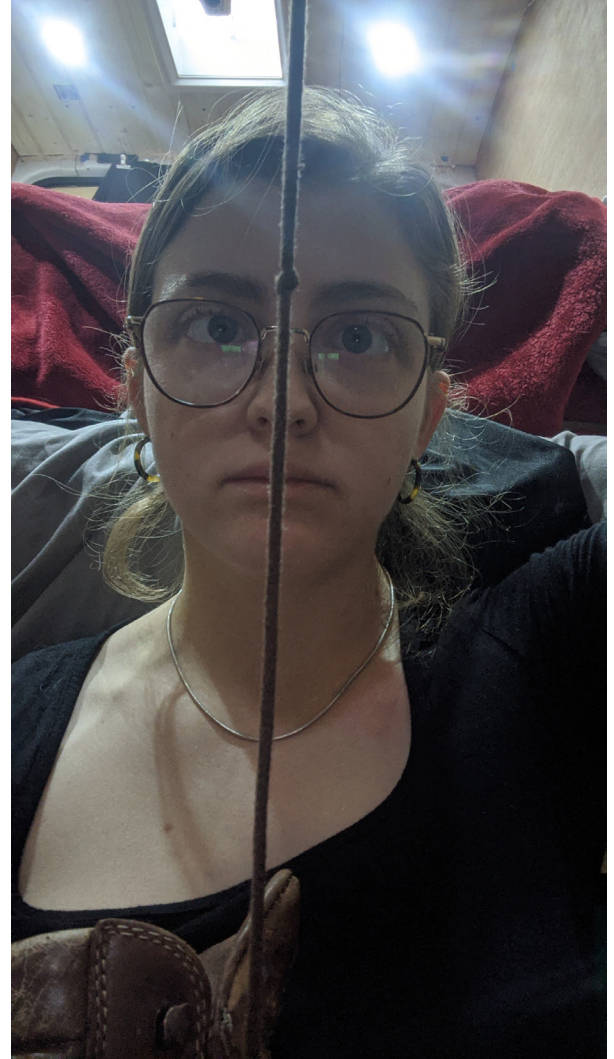
A GUIDE
FOR OTHER
INCOMPETENT PEOPLE



We can't all be the world's best person.
Some of us aren't even close.
But here are a few helpful tips I've
picked up on how to not be the worst.

ACCEPT YOUR LIMITATIONS

When facing difficult problems such as knot in your laces that is mildly inconvenient but not enough so to make you do something about it, accept the possibility that it's not worth trying.



LEARN A NEW SKILL

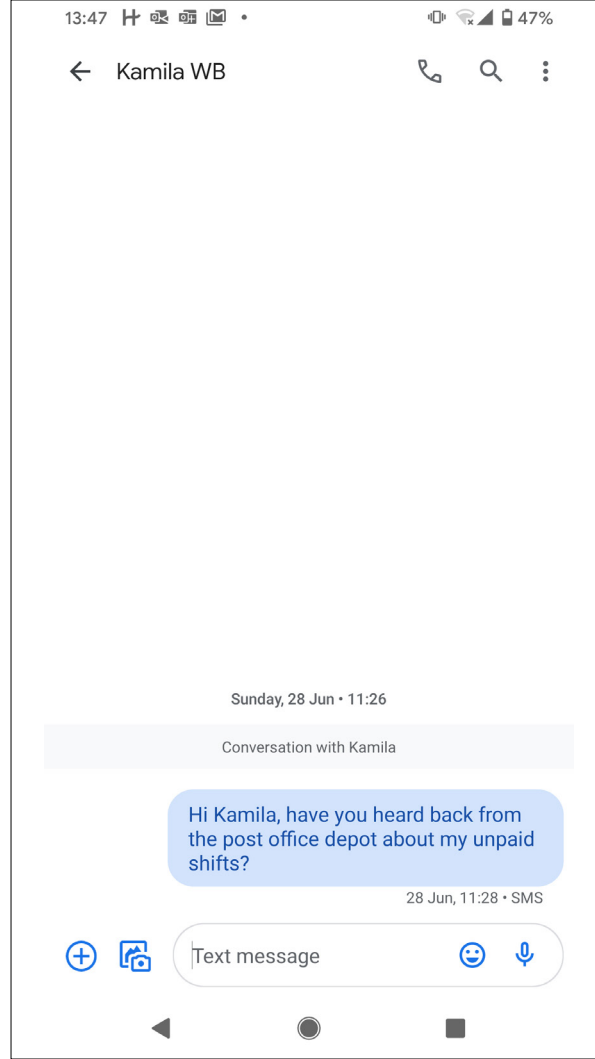
Learning a new skill in your spare time is a great way to keep your brain active, even if after putting in hours of effort you only ever accomplish one sock.



LET GO OF THE PAST

Not being paid and chasing up the money that is owed to you can be a hassle. Sometimes you just need to let it go and move on with your life.

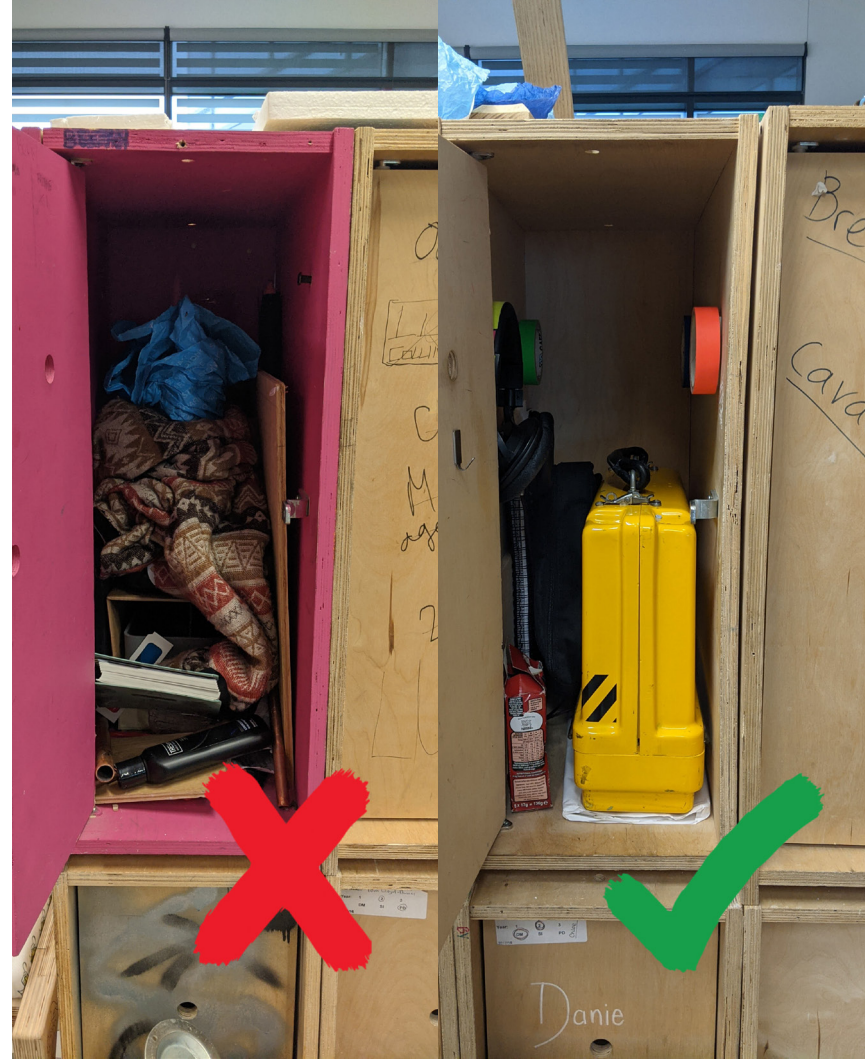
You win some you lose some.



TURN WEAKNESSES INTO STRENGTHS

So you may not have a tidy locker. Some may say that's just your creativity bursing out into everything you do.

Listen to those people.



ACCEPT HELP

Putting off doing something important like rewashing your hair after not rinsing out the shampoo properly? Allow a friend or peer to force you to do what needs to be done.



EXPERIMENT WITH YOUR STYLE

Something as simple as an accessory can go a long way to updating your style. Remember, nobody was ever remembered for playing it safe.



COMPROMISE

Installing a proper heating system in your home to keep out the damp is costly and time consuming. Instead try putting all of your clothes on the floor and replacing with one disposable dehumidifier that cost you 60p.

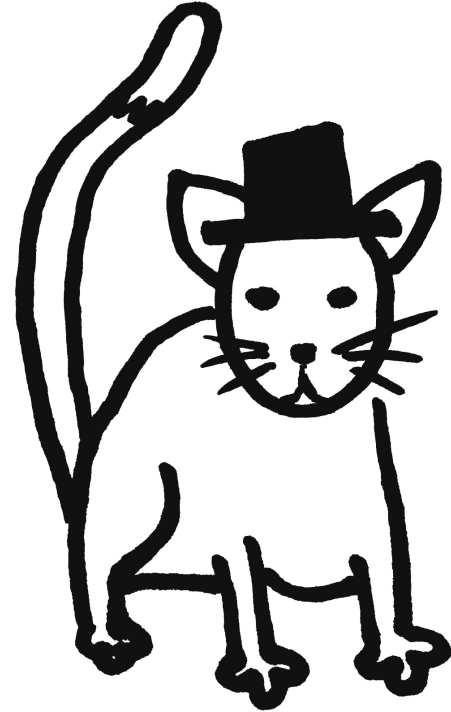


EAT HEALTHILY

You are what you eat. You are also what you drink. Try not to become a beer soaked pizza.



Follow this guide and you're likely
to become a slightly better person
than you were 12 weeks ago.
Or maybe you won't.
Swings and roundabouts.



ADVICE IN THIS
BOOK IS FULLY
ENDORSED BY
UNIVERSITY OF
PLYMOUTH.

Sarah Boot