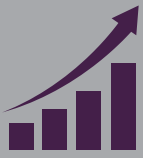


# 8 Ways to Invest in Yourself



## SEEK OUT LEARNING OPPORTUNITIES.

Successful people constantly try to learn more and improve themselves in any way they can find. Sign up for one or more of our **PASSHE Academy offerings**, take advantage of our free access to **LyndaCampus**, enroll in a class, or attend a free event or workshop in your community. The possibilities are endless.



## READ A BOOK.

Whether for business or pleasure, reading can fuel your imagination, improve your vocabulary, increase your knowledge on a particular topic, help you relax, and provide entertainment. Check out our **campus Library** or **OD's Lend-N-Learn Library** for free, valuable resources geared to your success.



## GET INVOLVED.

Look for opportunities to get involved on campus or in your community like serving on a committee, volunteering for a charitable cause, help organize an event, etc. Getting involved can help you expand your personal and professional network, build long-lasting relationships, showcase your knowledge and skills, help fulfill professional goals, and develop a sense of purpose.



## TAKE UP A HOBBY.

Learning a new skill, pursuing a new interest, or getting back into an activity that you love can serve as a great stress reliever, keep you engaged, deliver a sense of fulfillment, and serve as a reward for all your hard work. Whether you prefer an active hobby like running or playing a sport, a mental hobby like reading or meditation, or even an artistic hobby like painting or creative writing, you'll reap the benefits for investing in your interests.



## STEP OUTSIDE OF YOUR COMFORT ZONE.

Don't shy away from things that you consider difficult or challenging. While trying something new or taking on a new challenge can feel a bit uncomfortable, the confidence and rewards you reap from venturing outside of your comfort zone are worth it.



## MAKE YOUR HEALTH A PRIORITY.

A healthy mind and a healthy body is essential to your happiness, productivity, and overall well-being. Make time to invest in your health daily, whether it's incorporating exercise into your schedule, fueling your brain with healthy foods, taking a moment to practice meditation and mindfulness, engaging in more outdoor activities, or even getting more sleep.



## ELIMINATE NEGATIVITY.

Who you surround yourself with has a profound effect on your own actions, thoughts, and behaviors. Negative people often contribute to our own negative thinking and self-doubt. If you want to be happy, successful, productive, healthy, etc, surround yourself with others who possess those attributes. Also, practice gratitude daily. Spending a few moments a day to focus on what you are grateful for rather than what's going wrong will greatly improve your mood, help cultivate better relationships, and contribute to your overall well-being.



## FIND A MENTOR.

Find someone with a skillset or career path you're interested in and ask them to share their knowledge and experience with you. Not only will this give you the opportunity to learn new skills and techniques, but will help you learn about challenges they've faced along the way and how to navigate them. A mentor can also provide you with invaluable inspiration and keep you accountable.