



Universiteit van
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Life StarterKit

3 Essentials That Made Me Happier & Healthier

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1 - Exercise



Customizing Your Goals and Lifestyle

For many people, committing to regular exercise is a real challenge. Yet, the secret lies in creating a plan that resonates with your individual goals and lifestyle. It's not about copying someone else's routine; it's about crafting one that you can realistically commit to and enjoy. Consistency is key, as each training session reinforces the belief that you can achieve what you set out to do.

Mental Health Benefits

Regular physical activity opened my eyes to how it can positively impact mental health. The connection between body movement and mood improvement is more than just about endorphins.

For me, regular exercise has become a moment to process thoughts and relieve stress. Scientifically, regular exercise has been shown to alleviate symptoms of depression and anxiety, and improve overall mental well-being, something I have experienced first-hand.

A Resilience Tool

Exercise became a cornerstone in building psychological resilience. Each time I face a challenge, the mindset gained from regular exercise gives me the confidence and energy to tackle the situation, creating a positive feedback loop.

2 - Healthy Nutrition



Finding Balance

In my journey to a healthier lifestyle, I found that choosing the right food was pivotal element. I focused on incorporating rich vegetables and high-quality animal products to meet all my body's needs, while enjoying quality non-processed food and having the feeling of satiation. For me, this routine meant I could enjoy social events and special occasions without guilt as the real benefits come from everyday choices.

Personal Benefits: Beyond Just Eating Right

The changes in my diet brought noticeable improvements in my day-to-day life. I focus better, think clearer, and my energy levels are stable throughout the day. By eating less sugar, my blood glucose levels remain constant over the day, which is a clear sign that what I fuel my body with directly impacts my overall well-being.

3 - Organization



The Power of Lists

In my pursuit of a more organized life, I discovered the power of lists. Lists became a roadmap, guiding me through my daily tasks efficiently and helping me prioritize what's most important. Making the tasks small and visible made me feel less resistance to completing them. After finishing tasks, my headspace was significantly clearer, allowing me to focus more on the task at hand rather than blur my brain trying to remember what needs to be done next.

Life List and Goal Planning

Among those lists, I found that one was particularly instrumental, the 'Life List'. This list goes beyond daily tasks; it's about setting long-term goals and breaking them down into achievable steps.

Completing those steps makes me feel confident to finish the next. Therefore, I stay focused and aligned with my larger life objectives. The 'Life List' served as a constant reminder of where I'm headed, keeping me motivated and on track.

One Step at a Time

When organizing my tasks, setting daily goals, and ticking off completed items, I felt a sense of accomplishment and control. These habits led to greater efficiency, reducing the time spent pondering what to do next. The clarity gained from this structured approach to tasks and time management not only improved my productivity at work but also created a state of control, which led to a more confident me.

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**You don't need to know the road to
learn how to drive**

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