



Make a Change in Your Life

To change your life, you need to change your behavior. Move towards healthy and happy. Here is a list of behaviors to change/do. Start with one. Add more - one at a time

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| <ol style="list-style-type: none">1. Sleep more - get to bed earlier2. Take a nap3. Meditate4. Get outside5. Go for a walk6. Go for a jog or run7. Find an outdoor activity to pursue8. Drink less or stop drinking alcohol9. Drink less or stop drinking caffeinated beverages10. Stop drinking sodas11. Drink more water12. Read more books13. Read more non-fiction books14. Meet with a friend15. Stop or limit TV watching16. Stop or limit watching other video services - Netflix, Hulu, YouTube etc17. Stop playing video games18. Spend less time on social media19. Spend less time surfing the web20. Exercise 3 times a week21. Sign up for an online course - a MOOC22. Take a Community Ed class23. Learn a new skill or hobby24. Learn to play a musical instrument25. Take a lesson - on anything, outdoor leisure activity, craft, hobby, skill26. Ride a bike for recreation or transportation27. Eat more fruits and vegetables28. Eat less animal products29. Eat smaller portions30. Eat more "real" foods31. Eat less refined/processed foods32. Eat fewer sweets – baked goods or candies33. Don't eat at fast-food restaurants | <ol style="list-style-type: none">34. Do things slowly—take your time—be present in what you are doing35. Drive the speed limit36. Eat slowly and taste the food you are eating—notice the textures and flavors.37. When waiting in lines, start conversations, or just observe people around you38. Put away your Smart phone when with others.39. Do one thing at a time—don't multitask40. Pray41. Read the Bible42. Start a garden43. Stop buying "stuff"—get rid of two items for every one item you purchase.44. Purge excess "stuff" from your house. Start in a closet or drawer. One step at a time45. Clean up clutter in your home or office46. Volunteer at a non-profit47. Give money or items away48. Save more money49. Spend time with a child—give the gift of your full attention50. Forgive someone51. Forgive yourself52. Repair a relationship53. Hug more54. Smile more55. Give grace and mercy to others56. Do not judge others57. Encourage others58. Ask yourself -Why? Why do you do what you do? Why do you react that way? Why am I making this decision?59. Review/examine how you spent your time and money the last week. Are you moving towards healthy and happy, or away?60. Take deep breaths - pause |
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<ul style="list-style-type: none">61. Find a way to give back to society- what does that look like?62. Examine - what are your fears? How do they hold you back?63. Write a letter64. Give a backrub65. Spend time with an elderly person66. Write - a journal, a book, a thank you note, a play67. Paint or draw68. Create a sculpture69. Ask for help70. Get a vegetarian or vegan cook book and make one recipe per week.71. Eliminate competition from your life72. Pursue collaboration in tasks / problem solving73. Teach someone something74. Examine - what are your strengths or gifts? Work to enhance or improve them.75. Don't gamble76. Don't buy lottery tickets77. Quit smoking78. Go to a concert or a play	
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Some of these items are easy, some are the start of a life-long change in behavior.

1. Pick one of the items from the above list – What does it mean to you? (define it in specific terms for yourself)
2. What can you do in the next 24 hours to work towards this goal? —however small that step might be.
3. What can you do in the next week to move your further towards your goal?
4. Continue with your new behavior for at least a month before coming back to the list and selecting the next item.