



## HEALTHY HABITS

1. Breathe in fresh air every day. Preferably in nature.
2. Move your body for 30 minutes every day.
3. Prioritize sleep - get those 8 hours!
4. Eat a salad.
5. Try a new healthy recipe.
6. Take a walk at lunch.
7. Use the stairs instead of the elevator.
8. Stand at your desk. Or get a standing desk or low-cost stability ball.
9. Wear sunscreen.
10. Have a regular dance party.
11. Floss.
12. Stay OUT of the middle aisles at the store.
13. Drink a glass of water when you wake up. Keep it on your nightstand.
14. Cook at home more often (instead of eating out).
15. Take a multi-vitamin or supplements you're lacking.
16. Reduce or give up soda.
17. Go on a regular evening walk with your pets or family.
18. Park your vehicle farther away.
19. Set up "walk meetings" at work.
20. Join a new workout class for a month.

## MORE HEALTHY HABITS

21. Plan your meals a week in advance.
22. Buy smaller plates to eat from (to control portion sizes).
23. Read food labels, and aim for ingredients you can pronounce.
24. Stop eating after dinner.
25. Drink a glass of water before eating.
26. Drink green or herbal tea.
27. Try easy substitutions (milk chocolate to dark chocolate, ranch to olive oil dressings, etc.)
28. Cut back or eliminate alcohol and caffeine.
29. Try a new natural beauty product.
30. Use essential oils instead of products with artificial ingredients.
31. Drink chamomile tea before bed.
32. Find a low sugar smoothie recipe.
33. Quit smoking.
34. Make one healthy snack or meal ahead every week.
35. Aim for one extra vegetable in your meal.
36. Straighten your posture.
37. Eat less meat.
38. Add strength training into your exercise.
39. Make healthy freezer meals for emergencies.



## HAPPINESS HABITS

40. Wake up with gratitude.
41. Set a timer for your phone and social media time.
42. Limit your news consumption.
43. Journal and write down thoughts.
44. Listen to people that empower you.
45. Listen to music that lifts you up.
46. Get outside regularly.
47. Take care of yourself (self-care)
48. Work to let go of what you can't change.
49. Give yourself a compliment daily.
50. Meditate.
51. Look on the bright side. Practice finding the silver lining daily.
52. Schedule regular partner time.
53. Be playful with your kids.
54. Find a church/spiritual place.
55. Declutter your personal space.
56. Say no to what doesn't excite you.
57. Invest in experiences.
58. Establish meaningful traditions.
59. Smile at yourself in the mirror.
60. Eat one meal a day with others.
61. Make your bedroom a sanctuary.
62. Have sex.
63. Invest regularly in things that make you feel confident and great.
64. Pray.
65. Watch less tv.
66. Ask for help. Often.
67. Laugh often.
68. Set up a regular date with friends.

## IMPACTFUL HABITS

69. Go first. Be the first to smile/say hi.
70. Fill your home with real plants.
71. Prioritize your to-do list. Do the most difficult thing FIRST.
72. Save money automatically.
73. Read for 10 minutes a day.
74. Invest your money regularly (in yourself or investment vehicles.)
75. Set up an automatic giving fund.
76. Do something daily that scares you.
77. Compliment a stranger.
78. Befriend someone that makes you want to be better.
79. Make a 5-year plan.
80. Develop a morning routine.
81. Try a spending freeze.
82. Visualize your ideal day/future.
83. Write down your goals.
84. Read to your kids.
85. Call a friend/family member.
86. Set up a night routine.
87. Be with open-minded people.
88. Volunteer your time.
89. Track your finances weekly.
90. Don't be afraid of failing.
91. Plan your day.
92. Set goals.
93. Keep track of your progress.
94. Make family dinners happen.
95. Practice a growth mindset.
96. Implement the 80/20 rule.
97. Review and reflect often.
98. Learn something every day.
99. Start. Right now. Pick 2-3 habits.