

# 21 Ideas for 2021

1.	Work out (walk, bike, jog, dance!) to feel better, not thinner	Don't obsess over the scale; work out for YOU!
2.	Read a book (or magazine) once a month	You'll learn things and it's good for your brain
3.	Restrict your phone time	During meals and before you sleep (read instead)
4.	Declutter your home	Give those clothes or toys to Goodwill
5.	Eat healthier	More veggies and nuts and less sweets
6.	Start a gratitude journal	Each night, write down 1-3 things you're glad about
7.	Make your bed each morning	You will feel better each time you see it
8.	Listen more than you speak	What a way to honor the person you're speaking with!
9.	Drink more water	If you can't stomach 8 glasses, try 4- yes coffee and tea count
10.	Budget	What are you spending on that you don't use or need?
11.	Compliment someone daily	Your neighbor's yard, a cashier's smile
12.	Respond promptly to personal emails and texts	Why treat your clients or strangers with more civility than family?
13.	Begin a hobby	Poetry, calligraphy, dance, sew, write, puzzle, a model ship
14.	Talk to yourself like a coach	With positivity, patience and the power of potentials
15.	Before you hit "send" or "post", re-read your message	Are you communicating the best of you or are you <i>reacting</i> in anger?
16.	Forgive someone, even if they are dead	Why let them continue to hurt you? As the song says, "Let it go."
17.	Buy a plant	Whether for your house or yard, it is LIFE and will remind you daily!
18.	Cook something new	Go ahead: experiment with baking or a new recipe
19.	Get Vitamin D (but don't forget the sunscreen)	As my mom used to say, "Get outside and get some sunshine."
20.	Write down your goals	Whatever is not written is only a dream- use paper and get serious
21.	Meditate like your heart needs it (hint: it does)	The peace that comes from mindfulness is mind-blowing!

