

# Top Ten Practices for Creating Greater Health and Life Satisfaction

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- 10. Appreciate nature**

Watch the sunset. Take a walk in the woods or outside. Water your plants. Watch the birds at the feeder. Go on a hiking or camping trip. Breathe a few breaths while being conscious of the air you are breathing.
- 9. Drink more water**

Replace at least one soda or caffeinated beverages a day with a glass of water. Get a water filter to substitute for bottled water. Drink a glass of water to curb a sweet-tooth craving.
- 8. Eat at least one meal a day mindfully**

Eating mindfully involves getting rid of all distractions such as TV, computer, newspapers, radio, etc. and focusing exclusively on your meal. Consider everything involved in the meal you are enjoying: the gifts of nature, the farmers who planted and harvested your food, the people who prepared it, etc. Chew each bite fully appreciating the different qualities of your food — the aromas, textures, different flavors, spiciness, temperature, etc. Eat with an attitude of gratitude.
- 7. Each day do one kind thing for your body**

Go for a run. Soak in the bathtub. Get a new haircut. Eat fruits or veggies at every single meal. Eat organically grown produce. Get a massage. Go dancing. Try a new workout class. Stretch. Take a nap or go to bed early.
- 6. Be kind to the planet**

Recycle mindfully. Give to a green cause. Substitute a household product with a greener product. Encourage someone else to recycle. Purchase carbon credits.
- 5. Take time to play**

Play with your cat or dog. Go dancing. Try a new crafts class. Start a hobby. Call a friend you haven't spoken with in a while and set up a time to see each other. Dance in your living room. Play a game with your kids. Do cartwheels in your backyard. Blow bubbles. Cook a meal with someone you love.
- 4. Plug an energy leak**

Organize your files. Wash your windows. Clean out your car's trunk. Do your piled-up laundry. Pay an outstanding bill. Clear that table that's been covered with clutter for a year. Dust your living room. Clean out your closet. Get rid of an old box of stuff from your garage.
- 3. Express kindness to someone**

Pay someone a compliment. Say hello to a stranger and genuinely ask how they are doing. Do a favor for a friend. Volunteer at the soup kitchen. Help a stranger carry their groceries to their car. Offer directions to someone who looks lost. Tell someone what great job they did today.
- 2. Say or do something for someone special that says 'I love you'**

Do the dishes for them. Polish their shoes. Send them a birthday card. Say "I love you." Hug them with the intention of showing how much you care. Bring dinner to a sick friend without them asking for it.
- 1. Be loving to yourself**

Meditate at least 10 minutes. Forgive yourself for something each day. Write/ revisit your goals and intentions for the year. Each time you stand before the mirror, find at least one kind thing to say to yourself. Acknowledge and celebrate your accomplishments of the day. Treat yourself as if you were your own daughter/son.