

21 Simple Steps
to

Shape a Life You Love

Morning

1 Make your bed as soon as you get up. This simple act sets the tone for a day of accomplishments.

Say OUT LOUD "I am thankful for today, and I am confident it will be a good day." Believe it.

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3 Prepare your muscles for the day ahead by doing several slow forward folds and any other gentle stretches that feel good.

Throughout The Day

Whenever possible, sit down while you eat. Focus on the act of eating and enjoying the nourishment you are giving your body.

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5 Practice your posture. Stand against a wall, feet slightly forward and knees just bent. Keeping your back and shoulders against the wall, hold your abs in and tuck your chin. Breathe slowly for a few minutes.

Practice your balance. Stand on one foot for as long as you can. Stand on your toes. Walk heel to toe frontwards and backwards. Practice barefoot and with shoes on.

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Perform an act of kindness, small or large, every day. Smile at a child, buy coffee for the stranger behind you line, forgive yourself for a mistake. It doesn't matter what you do, just make the effort to do something kind.

Clean your kitchen sink. It will make your whole house feel cleaner.

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Keep a mint plant in your kitchen. When you feel stressed, rub the leaves between your hands, cup them over your mouth and nose, and inhale.

Spend at least 5-10 minutes outside daily. Learn to appreciate the changes in weather. Focus on using all of your senses to absorb your surroundings.

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Read for at least 5-10 minutes each day. Read whatever you like - novel, magazine, internet news feed. Use this as an opportunity to activate your mind.

Make your best effort to finish what you start. Stopping in the middle of any activity gives no sense of completion, and you will lose valuable time figuring out where you left off.

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Take care of some home management task every day - cleaning, laundry, paying bills, shopping. Don't allow everything to pile up until it becomes overwhelming.

Keep a grocery list in progress at all times. When you open the last one of anything, add it to the list. You will have time to replace the item before you run out.

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Decide in advance how much time you choose to give to social media each day. Set a timer if necessary. Occasionally, take a media-free day.

Declutter as a matter of everyday habit. Keep a box in the garage and a bag in the closet for donations and add to them every time you find an item in your home that no longer benefits your lifestyle.

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Evening

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Wash your face gently but thoroughly, removing all makeup and dirt. Apply a quality nighttime hydrator.

Rub lavender oil on the soles of your feet at bedtime, or use a lavender room or linen spray. You will improve the quality of your sleep.

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Try to keep your bedtime as consistent as possible, and aim for at least seven hours of sleep each night.

Set a meditation app or soft music on a timer, or use a fan to create soothing background noise as you fall asleep.

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As you settle into bed, say OUT LOUD "Today was a good day. Tomorrow will be another good day." Believe it.