



Simple Steps to a Happier You

CHECKLIST

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Simple Steps to a Happier You

CHECKLIST

Technology has made it possible for us to connect in ways we only dreamed about. The world is at our fingertips, day and night.

With that it is essential to 'pause' and focus on your well-being. Here are some simple ways you can achieve that:

Meditation:

- Research (view YouTube videos) to find a way to meditate for my own well-being.
- **Learn how to meditate** for shorter times when first beginning.
- Begin the day with at least five minutes of meditation.
- Consider using ambient music to help settle into a meditative state.
- Include mindful breathing when meditating.
- **Find a mantra that works** for me to use during meditation.
- Commit to meditate daily and regularly for twenty-one days and beyond!

Mindfulness:

Pay attention to:

- My surroundings
 - The people around me
 - My thoughts
 - Opportunities for gratitude
- Practice mindfulness.

- Slow down and live with clear intent and purpose.
- Be mindful of my health.
- **Put a plan into place to:**
 - Eat more greens and fresh fruit.
 - Get enough sleep.
 - Drink less alcohol and caffeine and more water.

Exercise:

- Understand the importance of exercise—for both body and mind.
- Exercise daily.
- **Exercise is a proven way to:**
 - Elevate mood
 - Relieve stress and anxiety
- Find ways to exercise, even with mobility or health challenges.
- Focus on what I **CAN do**—not on what I can't do.
- Stop comparing myself to how much better (physically) I used to be.
- Focus on being grateful for what I can do right now, today.
- Consider yoga. It is highly conducive to reach a meditative state and carries a wide range of benefits
- Perform thorough and careful research into any new physical activity (such as Yoga, Qi Gong or Tai Chi) that I consider engaging in.
- *Clear any new exercise plans with my doctor.*
- Research the benefits of running.
- Think about aerobic exercise.

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- Consider having an exercise partner or partners.
- Weigh the benefits of exercising with others versus exercising on my own, and made the right choice for me
- Visit local gyms and get a professional assessment and program set up.
- Research and consider taking up an activity I always dreamed about but never tried (or was forced to abandon).
- Take the time to find a form of physical activity that I can really enjoy.
- Commit to take at least five minutes of exercise every day.
- **Take time to exercise my brain by:**
 - Doing puzzles or games
 - Trying new things
 - Learning a new skill or hobby
 - Doing familiar things differently
 - Other_____
- Commit to try something new every day for twenty-one days -- and beyond!

Make a Difference for Others

- Help others: through volunteer work - as an example.
- **Give back to others:** for things I am most grateful about.
- Focus on being compassionate towards others.
- Practice self-compassion.
- Be mindful that true compassion depends on honesty and courage.
- Let go of blaming others for my own life choices and attitude.
- Work to open myself up completely, without fear.

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- Nurture my inner well of inspiration.

My Self-awareness

- **Stretch my boundaries.**
- Focus on people and things I may have taken for granted.
- Focus on everything and everyone who is truly important to me.
- Focus on the needs of others, as well as on my own needs and wishes.
- Take care to **use positive language.**
- Maintain a positive attitude and outlook.
- Let go of judgment and negativity.
- Keep a gratitude record or journal.
- Begin—and end—each day with conscious gratitude.
- ***Continue using these new simple steps to a happier me!***

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