

# 101

## FabYOUlous Ways to Live Your Best Life in 2019

- 1.) Handwrite a letter to someone just to let them know that you're thinking of them--it will be treasured much more than an email or text message.
- 2.) Leave an extra generous tip for a hardworking server.
- 3.) Seek out a professional mentor.
- 4.) Contact your local American Red Cross chapter and sign up for a CPR and First Aid class.
- 5.) Drink more water and less alcohol and soda.
- 6.) Do crossword puzzles or SUDOKU puzzles
- 7.) Stretch daily. It feels SO good.
- 8.) Try a new craft...knitting, pottery, watercolors, macrame...the possibilities are endless.
- 9.) Start a journal. If you struggle with regular journaling, get a copy of *The FabYOUlist: A Daily Discovery Guide for Your Most FabYOUlous Life*.
- 10.) Get your flu shot.
- 11.) Listen to a genre of music that you don't normally listen to.
- 12.) Meditate/pray daily
- 13.) Join a rec. league sports team just for fun
- 14.) Buy coffee for the person behind you in line at the coffee shop.
- 15.) When you see a soldier, veteran, police officer, EMT or firefighter, thank them for all that they do to keep us safe.
- 16.) Organize your computer files and homescreen icons.
- 17.) Download the app Acorns to automatically start investing your spare change.

- 18.) Take a daily walk around your neighborhood
- 19.) Ask for help when you need it. We ALL need it sometimes.
- 20.) Cuddle with a cat. Their purrs have been shown to reduce blood pressure.
- 21.) Open the shades to allow more natural sunlight into your space.
- 22.) Don't make assumptions about millennials, baby boomers. Gen Xers or any other generation. Every generation has valuable contributions to make.
- 23.) Max out your employer's matching contribution to your 401K. It's free money.
- 24.) Declutter one area of your house every week.
- 25.) Donate quality used goods to your local Goodwill.
- 26.) Organize a fundraiser for a nonprofit organization whose mission speaks to your heart.
- 27.) Attend city council meetings and vote on issues that are important to you. You can have a real, tangible impact on local politics.
- 28.) Contact your local American Red Cross and become a blood donor.
- 29.) Eat from a food truck.
- 30.) Make a vision board.
- 31.) Serve as a mentor to a young person.
- 32.) Use stainless steel or biodegradable drinking straws.
- 33.) Visit a botanical garden or nature preserve.
- 34.) Set a goal to read one personal development book per month. Start with *Finding FabYOUlous: A "Self-Help with Sass" Guide to Finding, Celebrating and Capitalizing on the FabYOUlousness that Makes You, YOU*
- 35.) Build a birdhouse and hang it outside near a window where you can regularly enjoy your new feathered friends.
- 36.) Say yes to more invitations and opportunities and no to more things that drain you.
- 37.) Print your favorite photos and frame them. They're too wonderful to be trapped in your phone.
- 38.) Eliminate toxic/dangerous relationships from your life.
- 39.) Try holistic modalities for wellness--acupuncture, reiki, healing touch, aromatherapy etc.
- 40.) Ride a bicycle--but wear a helmet!
- 41.) Take the stairs instead of the elevator.

- 42.) Plant some indoor plants and let them help keep your space pretty and air clean.
- 43.) Learn some new, healthy dishes to cook/prepare.
- 44.) Get a fitness tracker. Just wearing one has been shown to compel wearers to walk/move more.
- 45.) Go through your closet and get rid of any outdated items or pieces that no longer fit properly.
- 46.) Make restful sleep a priority.
- 47.) Watch YouTube videos on a subject that intrigues you or to learn a new skill.
- 48.) Do push-ups or other muscle building exercises on a daily basis.
- 49.) Learn five new jokes and share them with your family.
- 50.) Institute a family game night. Might we suggest *Jenga with a Twist* (enter it in the search bar for this site to be taken to a free printable to make your own version of this fun, family-friendly game).
- 51.) Visit a Farmer's Market for fresh produce.
- 52.) Support your local theater/symphony/ballet.
- 53.) Grab your partner and spend the day exploring a nearby community.
- 54.) Spend one day a week AWAY from social media.
- 55.) Sprinkle some cinnamon on your food when appropriate. Not only is it tasty, it has also been shown to boost metabolism.
- 56.) Wear sunscreen.
- 57.) Go for a hike in the mountains, a walk along the beach or a stroll through a country meadow.
- 58.) See a therapist if it is warranted. There is absolutely no shame in getting help when you need.
- 59.) Hire a life coach when you are ready to take your life to the next level. For info. on my coaching programs, click the "Work With Me" tab.
- 60.) Keep a \$20 bill in your purse at all times in case of emergency.
- 61.) If you live with your significant other/spouse, send them a funny card in the mail. It will surprise them when they get the mail.
- 62.) Occasionally surprise your coworkers by bringing donuts or bagels to the office.

- 63.) Try dry-brushing to boost circulation and lymphatic cleansing.
- 64.) Spend at least 15 minutes outside every day--even when it's really cold--just be sure to bundle up. The fresh air will do you good.
- 65.) Get regular medical check ups.
- 66.) Shop local as much as you possibly can.
- 67.) Eat honey for a sweet way to boost your immunity.
- 68.) Floss your teeth every day (not just on the days when you have a dental appointment).
- 69.) Spend time alone every day to give yourself time to unwind, relax and think.
- 70.) Deep condition your hair once a week.
- 71.) Carry a small notebook in your purse to record good ideas as they come to you. This can also be done electronically, but there is magic in the actual writing of things.
- 72.) Limit yourself to eight hours of television a week.
- 73.) Research ways to make passive income or start a side-hustle business to boost your income.
- 74.) Keep track of your spending habits. You'll be amazed at how much less you spend when you spend more mindfully.
- 75.) Listen to personal development podcasts.
- 76.) Create an emergency "go-bag" that you can grab if you ever need to evacuate your home quickly.
- 77.) Enjoy a meal with your partner without either of you looking at your phones.
- 78.) When scheduling appointments/meetings, give yourself a 15 minute buffer to allow for traffic issues, no parking etc.
- 79.) Adopt the practice of using daily affirmations.
- 80.) Learn to develop and trust your intuition more.
- 81.) Allow yourself to indulge in a nap on those days when you are just so tired.
- 82.) Find a new perfume that you love and let it be your signature scent. My favorite is Illicit by Jimmy Choo.
- 83.) Make it a point to regularly look up at the night sky and marvel at the moon and stars.

- 84.) Maintain a consistent bedtime/wake up schedule.
- 85.) Call your mom a few times a week. Trust me--she worries about you.
- 86.) Go meatless one day a week. It's good for your health and your pocketbook.
- 87.) Delete apps on your phone that you don't use. Organize your home screen.
- 88.) Reduce. Reuse. Recycle.
- 89.) Get a library card if you don't have one. Use it.
- 90.) Make an energizing playlist to listen to whenever you need a little extra boost.
- 91.) Respond to or delete emails immediately. Don't let them linger in your inbox.
- 92.) Unsubscribe from nuisance emails that are cluttering up your inbox.
- 93.) Do not participate in professional or personal gossip.
- 94.) Forgive people who wrong you. Forgive them even if they never apologize or ask for forgiveness.
- 95.) If you normally drive to work, try riding your bike or taking public transportation instead. It will save you gas and give you a new perspective.
- 96.) Become financially literate. Know the value of compound interest, understand how interest rates work, research investment opportunities.
- 97.) Write a letter to your future self. Outline your hopes and dreams and express your fears.
- 98.) Research your family's genealogy. Learn about your roots.
- 99.) Keep your car interior clean and free of clutter.
- 100.) Promote what you love rather than bashing what you hate.
- 101.) Understand that whether you realize it or not, someone is looking up to you. Strive to be a good role model for that person and demonstrate what it means to live a truly FabYOUlous life.