1. When you feel negative thoughts coming on, let them come…and practice choosing to be positive instead! Just practice and explore yourself!
2. Experience your life more today…spend time in the moment appreciating the air, the smells around you, the weather, colors…then reflect on your thoughts later.
3. Eat a new food today – experiment! Reflect on your choice later.
4. Nurture yourself – learn how to pray or meditate and then Practice!!
5. Listen to your favorite music today, just because it is your favorite and you matter!
6. Put an inspirational quote in one of the first places you look when you wake up in the morning. Tomorrow put another one in the second place you look!
7. Think of a time someone praised you for something. How did you feel? Can you remember that now?
8. What is your world view? Think about that today and reflect again about it later.
9. What are your most important values? Can you pick five?
10. What do you spend most of your day thinking about? Can you write two or three of those items down and think about the “why” behind you choosing those in particular?
11. Make yourself a favorite meal today and then share it with someone you value!
12. Can you make a list of 5 ways you nurture yourself? Try it now!
13. What happens when you pause in the middle of an action? It is harder than you think. Try it! Then reflect about it later!
14. Spend time reading out loud with your loved one…you don’t have to be little to enjoy being read to!
15. Look at your own hands very closely. If they could talk, what might they tell you about yourself?
16. Listen to a YouTube video that is funny. In fact, you could share it with your children and loved ones! We have to keep humor in our lives. It is so healing!
17. Call a friend you have not connected with in a while. Tell them you appreciate them and what their friendship means to you.
18. Read about something new today. Living to learn is like any other kind of exercise. Your mind and your thinking will grow and get stronger!
19. Have you taken a walk in a while? Or a Jog? Try one today. Not too long, just enough to feel the difference in your body! Then Practice!
20. Bake and Deliver fresh-baked cookies to someone you work with.
21. Bring flowers to work and share them with coworkers
22. Explore new Volunteer opportunities. We thrive when we connect with others!
23. Extend a hand to someone in need; give your full attention and simply listen
24. Practice telling someone safe what your needs are in an honest way. Reflect on what you chose to say and why! Then practice doing this often!
25. Visit a location in your city you have never seen…write in your journal about it!
26. Create a journal! Include things you want to write about, attach pictures you like, recipes, notes from loved ones, etc. Make a memory book!
27. Choose a time to reflect every day. It doesn’t matter when, just try it. Then practice increasing that time to 10” then 15” and even more.
28. Slip a note of encouragement under the windshield wipers of a parked car…you might be giving someone else a needed display of love today!
29. Think of a new way to compliment yourself today. Focus on a new skill, characteristic, or goal.
30. Say something nice to everyone you meet today
31. Wipe rainwater off shopping carts or hold umbrellas for shoppers on the way to their cars
32. Give the gift of your smile.
33. Volunteer to read to students in a classroom
34. Give a hug to a friend and then ask for one back!
35. Tell your children why you love them today!
36. Write a note to your loved ones and tell them why they are special to you.
37. Write a thank-you note to a mentor or someone who has influenced your life in a positive way
38. Give coffee to people on their way to work in the morning
39. Plant flowers in your neighbor’s flower box
40. Give another driver your parking spot
41. Remove clutter from your work or living area. Sometimes this can cause anxiety for us.
42. Clean graffiti from neighborhood walls and buildings
43. Leave an extra big tip for the waitperson
44. Open the door for another person
45. Play; really play with your children today. Enjoy just experiencing joy as you all explore and create together.
46. Try a random act of kindness such as paying for the person behind you in the movie line…kindness takes practice and the more you give, the more you want to give.
47. Ask your children to describe the favorite part of their day to you when they get home from school. Then reflect on this later. Maybe record it in your journal!
48. You know what it feels like to be stressed and in a hurry in the grocery store…practice making your list in advance and choosing a time to go when the store might not be so busy.
49. Treat yourself today with a nice soothing bath
50. Think about yourself when you were five. What did you love to do? What was your favorite food? Have you made that food lately? Why not try it this week?
51. Create a Spiritual Box in your office or home. When you feel burdened by something, write it down, date it, and put it in the box with an agreement to surrender it for just today. You will be amazed at how blessed you will be reading all those notes one year from now!
52. Take care of your body today – drink plenty of water and get your rest!
53. Make a list of everything you want to get done. Then you do not have to hold all those details in your head and carry them everywhere…they are heavy!
54. Ask yourself what hobby you would like more time for. Schedule an hour when it is convenient to work on that hobby this week.
55. Try to catch yourself when you feel your heart rate go up. Are you getting upset? Are you exercising? Are you excited? Are you laughing? Explore all the different emotions and thoughts you can have with a similar body response.
56. When is the last time you have experimented with a new social group? Consider what types of groups that might interest you and commit to trying one new group this week.
57. Ask your spouse or partner to tell you the story about when you both met. Then you tell your spouse or partner from your perspective. Perspectives are fun when they are shared.

58. Go out to a movie or rent one just for you to watch. Pop some popcorn and enjoy!

59. Try to schedule a day when you have at least thirty minutes of free time just to yourself. Use this time to quiet your mind. Our minds are very busy! Try to exert influence over it and encourage it to be quiet and serene.

60. Define serenity for yourself. And Love. And Self-Care

61. What are the top 5 things you absolutely love about yourself? Write them in your journal.

62. What are the 5 things you would like to change about yourself if you could?

63. If you can change one of those 5 things, choose one and work on only what you can to make changes.

64. Be patient with yourself today. That is all. Just patient.

65. See if you can say half as much as you normally do today. Just spend time listening.

66. Try to draw fun pictures of your family with your kids today. Be creative and enjoy the laughter and connections.

67. Ask your children or loved ones what they really would like to see if they could wave a magic wand and make it happen. Then have a fun discussion about whatever they said.

68. Offer to make a dinner that is specifically for one of your family members choosing a dish they would love to eat. Maybe ask the other members to help you prepare it!

69. Send a kind note to your child’s teacher. Teaching is hard work! We would all love a kind note.

70. Avoid self-criticism today. Pay close attention to yourself and take note of how you feel when different people engage with you. Some people will feel safer to you than others. Reflect on that. Why might that be?

71. Avoid criticism of others today. Pay close attention to others and take note of how you feel when you have an urge to criticize. Choose instead to find something positive to think or say.

72. Tell your co-workers how special they are. Put their favorite candy bar on their desk. Acknowledge when you are stressed and be honest and open with your team.

73. If you have a car, vacuum it out today! You might even keep small trash bags in the car to collect trash to lower your anxiety when you travel.

74. Eat more fruit and vegetables than you usually do today. Now think about how you can increase your intake of fruits and vegetables on a daily basis.

75. Wear something soft and comfortable today to nurture yourself. Think about what it feels like to lean back and feel the softness on your skin. Think about what you usually wear. Does it nurture you?

76. Set a meditation bell or soft timer on your computer to go off throughout the day. Does this help you concentrate and quiet your mind or distract you? Reflect on what happens and then try it again.

77. If you like animals and do not have fur allergies, go to an animal shelter today and hold the soft animals. Our hear rates go down when we touch something warm and soft.

78. Try to avoid working on the computer today. In fact, try to not use your phone or any technology. Reflect on what it feels like to not use technology for several hours.

79. Try a new recipe today that is completely different from anything you have made before. Challenge yourself but avoid criticism. Reflect on what happened!
80. Do you have a list of people you could call to ask for help on different issues? It is always helpful to think about who you might call when you do not need help. Then when you do, that list is ready.

81. Attend a cultural event as a family and then talk about your experience later. Discuss what you liked and what was uncomfortable to you. Plan another similar outing soon!

82. Talk to your children in a way that empowers them. Ask them to teach you what they need. Watch what they do and say. Now reflect on how the conversation went.

83. Do not try to protect your children from experiencing their true feelings. Instead be there to support them when they have a thought or feeling they want to express. They will be grateful and you will grow closer.

84. Be open about areas you want to improve about yourself when you talk with your children. They will learn from you that it is ok to want to improve and ok to share that honestly.

85. Take a walk with you loved ones today. Do something active. Our minds record memories much better when we are integrating left and right brain activities!

86. Eat a brain food today, like blueberries or granola or a dish with garlic. Talk with your family about how to schedule meals in a way that is healthier and is nurturing at the same time.

87. Reach out to those who take out your trash, protect you in a fire or other emergency, or who help others in the neighborhood. Send them a card; let them know they are appreciated. Model to others what you would like to have yourself.

88. When you are frustrated, ask yourself how you might avoid that next time. Could you get ready earlier? Could you leave earlier? Could you put your makeup on before you put on your white suit? What about having a painting activity on the floor without a drop cloth? Preparation takes times but really helps us in the long run and your whole family can be a part of the preparation and the activity!

89. Put funny or inspirational messages on or in your refrigerator. They will be cute reminders to stay focused on what matters and not get sidetracked by negativity.

90. When you are frustrated, ask yourself why that bothers you so much and try to actually explain to yourself why it is a trigger. Once you explain it out loud, it is easier to overcome.

91. Hold yourself accountable but love yourself. Define what love means and then do it for yourself first.

92. Sometimes sitting in the dark can lower our mood, sometimes it can soothe us. Find out what works for you and choose to use different lighting when it will help you most.

93. Realize that in order to learn from mistakes, children have to make mistakes. Don’t blow up when they make a poor choice. Don’t rescue them from natural consequences.

94. Help your children understand the difference between what we can and can’t control. For example, we can control what we say and do; we can’t control what other people say and do.

95. Intentionally start conversations with your kids about honesty, friendships, giving to others, and making tough decisions so that you can hear how their values are taking shape.

96. Find lots of ways to show your family members that you love them: leave notes where they will find them, do a chore that isn’t your responsibility, give hugs, be kind to one another.

97. When your child interrupts you, try to remain patient. Use the opportunity to talk about communication and courtesy. Also admit that sometimes you interrupt people too and need to work on that as well.
98. Renegotiate rules regularly with teenagers and other family members to be sure that the rules are developmentally appropriate and consistently and fairly enforced. Rules that applied when your child was 5 might need to be adjusted when he or she is 16.

99. Talk about any transitions your family is going through. Discuss how everyone is dealing with the changes. Try to avoid secrets.

100. Know you matter. Everything about you matters. Remind yourself of this every single day. And if you matter, your choices do, your beliefs do, your relationships do, and your future does.