

100 things to do

1. Get up 15 minutes earlier
2. Prepare for the morning the night before
3. Prepare for tomorrow's meetings the evening before
4. Avoid tight fitting clothes bc ugh
5. Avoid relying on chemical aids
6. Keep track of appointments
7. Don't rely on your memory! Write it down
8. Practice preventative maintenance
9. Write yourself a letter and hide it for later
10. Say no more often
11. Set priorities in your life
12. Avoid negative people
13. Use time wisely
14. Always make copies of important papers
15. Anticipate your needs
16. Repair anything that doesn't work properly
17. Ask for help
18. Break large tasks into bite sized portions
19. Look at problems as challenges
20. Look at challenges differently
21. Unclutter your life
22. Admit you're stressed and be ok with it
23. Smile
24. Embrace the rain
25. Pet a dog or cat
26. Don't know all the answers
27. Look for a silver lining
28. Say something nice to someone
29. Walk in the rain
30. Schedule play time every day
31. Be aware of the decisions you make
32. Believe in yourself
33. Stop saying negative things to yourself
34. Visualize yourself winning
35. Go on a run/hike/climb/sweat a little
36. Learn a new joke
37. Stop thinking tomorrow will be a better day and make today that better day
38. Have goals for yourself
39. Smile at a stranger
40. Ask for a hug
41. Look at the stars
42. Practice breathing slowly

43. Read a poem
44. Do a new thing
45. Go outside
46. Stop a bad habit
47. Buy yourself a flower
48. Take time to read and drink coffee in a café
49. Take time to smell the flowers
50. Find support from others
51. Work at being cheerful and optimistic
52. Do everything in moderation
53. Strive for excellence, not perfection
54. Go to a museum- there are a ton of free options
55. Stretch your limits a little
56. Go to the gym
57. Wake up early and eat breakfast at home
58. Clean your space
59. Practice grace under pressure
60. Listen to a bomb-ass album at work
61. Read on the bus
62. Learn a new doodle
63. Stand up and stretch
64. Listen to a good podcast
65. Always have a plan B
66. Memorize another joke
67. Be ok with your feelings
68. Learn to meet your own needs
69. Listen
70. Learn how to throw a paper airplane
71. Get to work early and enjoy the stillness
72. Leave work early and enjoy the freedom
73. Go on a picnic
74. Walk to or from work
75. Watch a movie and eat popcorn
76. Put your phone away
77. Write a letter to a friend
78. Cook and eat a meal, doing nothing else
79. Keep a journal
80. Get some sleep
81. Remember you always have options
82. Stop trying to fix other people
83. Ask for help
84. Talk less, smile more (listen to Hamilton, while you're at it)
85. Call a family member or friend

86. Drink some tea
87. Buy a new book
88. Explore a new neighborhood
89. Go on a walk
90. Turn your phone off
91. Meditate
92. Practice mindfulness
93. Read an interesting article
94. Watch Reggie Makes Music (Reggie Watts will make you giggle)
95. Explore who sampled (discover new music through your current favorites)
96. Get coffee with a coworker and learn about them
97. Work from home
98. Compliment someone
99. Write down what's irritating you and shred it
100. Sit straight
101. Buy the person behind you coffee
102. Buy some fruit
103. Browse the positivity page on tumblr
104. Bake something delicious and share it with people
105. Visualize your goal
106. Eat something super shitty and feel good about it
107. Eat something really healthy and feel good about it
108. Take a nap
109. Sit in the sun
110. Splash in a puddle
111. Look up
112. Drink some water
113. Learn a new word