Simple Wellness Ideas for Doing Life Differently

**In the morning, first thing**

* Spend 3 to 5 minutes quietly, simply thinking about your breathing. Perhaps using an affirmation or prayer that is aligned to your best outcomes.
* Think about and dwell on 3 things you are grateful for.
* Set intentions for the day.

**During the day**

* Get up from your desk a little more often and simply stand or go for a short walk.
* At lunch, go for a reasonable walk, commit with a colleague to walk 2 or 3 times per week.
* Get outside if possible.
* Breathe.
* Do a random act of kindness: thank someone for great work done, buy someone a coffee, listen to a colleague etc.

**Before sleeping**

* Think about at least 3 things that are good facts from the day: a completed task, a happy moment with a family member, friend or colleague, a new idea you have had, an accomplishment that is good, anything that was good in your life that day.

**Overall**

* Practice better, healthy breathing. Take 3 deep, full breaths during the day to reset.
* Consider your diet and determine if any changes should be made.
* Build in more exercise. Walking is a really easy way to exercise. Huge benefits in brisk walks.
* Consider your sleep habits and making some healthy improvements if needed.
* Hang out with fun, inspiring people.
* Smile lots more!
* Consider your posture at your workplace and make some healthy improvements if needed.
* Consider what thoughts you are dwelling on. Be aware of being aware. Dwell on good stuff!
* Get good sunglasses and wear them. Get good shoes, it’s a good, long walk from here!

Five key aspects of well-being are: **Connect** (social), **Be active** (exercise), **Take notice** (curious), **Keep learning** and **Give** (kindness, give to others).

Consider what you really want to build for your life to have been about. What do you want to look back on with a sense of fulfillment, pride and joy? Be deliberate in crafting the life you want.