


Instead of accomplishing something on your “to-do” list,
permanently remove something FROM that list.

Lighten your load just a tad by letting it go—
forever. Anyway, another item will
surely take its place soon enough!







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Share with someone special a flaming dessert that's prepared tableside. Bananas Foster, anyone?

The background is a solid blue color. Scattered throughout are several dandelion seeds, each with a brown stem and a white, feathery seed head. Some seeds are positioned near the corners, while others are more centrally located. The overall composition is clean and minimalist.

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Throw away all your old socks and replace them with brand-new ones. Why do we spend tens of thousands of dollars to replace a car every four years but hold onto a \$5 pair of socks for seemingly twice as long?

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“Raindrops on roses and whiskers on kittens . . .”

Make a list of *your* ten favorite things, keep it in a convenient spot, and refer to it the very next time you're feeling bummed.







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Eat three different ethnic meals in three consecutive nights. Maybe it's Middle Eastern on Friday, Chinese on Saturday, and Mexican on Sunday. Eat out or eat in—just celebrate the rich diversity of the world's food.

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Start a new kind of “change jar.” First, get 12 small pieces of paper, and write down on each one something that you want to change in your life; then, fold the papers and put them in the jar. Each month, pull out one of the scraps, read it, and commit to the change.



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Squeeze some oranges or grapefruits by hand
on an old-fashioned juicer and drink in
one of the simple pleasures of simpler times.



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Go to a playground—not to sit and watch others,
but to enjoy the swing, the slide,
and the monkey bars yourself!

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Accept your limitations in life so you can expand your potential. In the words of the late, great coach John Wooden, “Never let what you *cannot* do interfere with what you *can* do.”

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Start planning a vacation you've always wanted to take but never have. The very act of carefully thinking about and planning this trip will likely lead you to actually take it—and the process alone will be great fun!



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