

40 BEST PRACTICES TO LIVE YOUR BEST LIFE

Take vitamins

You might pay more but vitamins that offer maximum absorption are worth the money

Use your internal alarm clock

Allowing your body to rest until it's had enough helps fight stress, health issues, & weight gain

Do yoga

Many of our daily habits create tension in the body, a good stretch can work out the kinks so that when life hits you, you'll bend and not break

Wear your favorite/signature scent

The right scent can boost your mood and productivity. Try an orange and peppermint essential oil blend for a natural twist

Write out your personal mission statement

Ditch or cut back on one unhealthy eating habit

Practice mindfulness

Allow yourself to be fully in the zone with an activity, no multitasking allowed. A 'no-phone lunch' could be a good start

Sweat for 10 minutes

Do any physical activity that will have you sweating for 10 minutes. 30 min. of exercise for every 2 hours of tv is a good rule of thumb

Drink at least 50-70 ounces of water per day

This should include one glass as soon as you wake up and any warm lemon water or unsweetened herbal teas that you enjoy

Detox weekly

Try a probiotic drink or detox tea to keep your gut healthy

Get 10 minutes of sun per day

If you go for a walk this could count toward your daily sweat *and* mindfulness practices

Track your spending

Save loose change & cash in at the end of the month

Reframe your thinking

Use affirmations, clearing statements, or vision boards

Practice deep breathing

Imagine your lungs expanding and emptying for at least 3 minutes

Use soothing sounds before bed

Winding down can be challenging but sounds of nature can help

Visualize perfection

Imagine what the perfect life would look & feel like

Call a family member or friend (no texting)

Take a beauty break

Go makeup'less or let your hair down

Write

Either a love note to yourself or a thank-you to someone deserving

Tune in spiritually

Either prayer at home or visiting a place of worship

Drink something green

Whether a smoothie or just liquid chlorophyll, your body needs it

Rest your legs above your heart

The health benefits are endless

Give back

Either volunteer your time or donate things you don't use

Detox bathe

At least once a week, using Epsom salt and essential oils

Shop at the farmers market

Give your body a break from heavily processed foods

Journal

Start with the prompt: What do I need more of in my life?

Read

Preferably something educational, inspirational, or spiritual

Have playtime

Carve out time to play a game, craft, pet an animal, or do any activity that allows you to forget responsibilities

Buy fresh flowers

Adding life to your immediate surroundings helps with mood and respiratory issues

Celebrate your success

Make a list of your successes or proudest moments and review regularly

Meditate

Give yourself 3-5 min. to sit quietly; not to quiet your mind completely but to find the subtle quiet that already exists

Light your favorite candle

Ignore your phone the first 30 min. of the day

Use that time to meditate, pray, or plan your day

Get a massage

Or visit a spa, especially if your job requires a lot of sitting

Clean out your purse or work bag every Sunday

Create something from scratch

Especially helpful as a mindfulness practice, focusing on creating something is very calming

Explore a new place

Travel somewhere new or take a staycation in your city

Get dressed up for no reason

Check-in with yourself

Do a body scan to see how you're feeling or ask yourself, "what's working and what isn't?"

Date yourself

Go out for dinner or a movie alone

Unplug

Give yourself a break from social media and technology