



100 ACTIONS YOU CAN DO TO HAVE A **B100** DAY!

HEALTH

1. Rest
2. Walk Your Dog
3. Take the Stairs
4. Drink More Water
5. Hike
6. Garden
7. Smile
8. Eat Plant Based Meals
9. Say I LOVE YOU often
10. Give and Receive Hug
11. Breathe Slow & Deeply
12. Meditate
13. Get Outdoors
14. Take a Technology Break
15. Sleep Well
16. Laugh
17. Say No
18. Reduce Sugar, Caffeine & Alcohol
19. Ask for Help
20. Set & Keep Boundaries
21. Spend Time in Solitude
22. Get A Physical
23. Have Plans to Look Forward To
24. Exercise
25. Spend Time with People You Love & Enjoy

WEALTH

1. Save Money
2. Pay it Forward
3. Purchase Life Insurance
4. Live Within Your Means
5. Spend Wisely
6. Financial Plan
7. Empower Worthy People & Causes
8. Access Local Financial Resources
9. Learn About Financial Opportunities
10. Create and Stick to a Budget
11. Higher Education for Yourself & Family
12. Invest in Personal Improvement & Wealth
13. Cut Waste
14. Donate Books
15. Eat at Home
16. Transfer Wealth by Gifting to Someone in Need
17. Create Multiple Streams of Income
18. Donate
19. Pay Off Debt
20. Ask for Help
21. Help Others
22. Talk About Money with Family
23. Create a Will
24. Take Advantage of 401K and Savings Programs
25. Plan & Invest for Future Generations ... GP4 Life

- ## SPIRIT
1. Enjoy Nature
 2. Call & Care for Family & Friends
 3. Write Down What You're Grateful For
 4. Pray
 5. Practice Daily Values & Virtues
 6. Meditate
 7. Volunteer & Give Your Time
 8. Laugh & Play
 9. Study Spiritual Books, Practices & Leaders
 10. Join a Spiritual Group or Community
 11. Seek Out & See the Good in Others
 12. Pick Up Trash
 13. Say Thank You
 14. Spend Time in Solitude & Silence
 15. Read Uplifting Books or Quotes
 16. Create a Sacred Space
 17. Smile
 18. Offer Help & Encouragement
 19. Be Respectful With Your Words
 20. Listen & Reflect
 21. Journal
 22. Forgive Yourself & Others
 23. Love Unconditionally
 24. Set An Intention
 25. Connect

- ## FUN
1. Dance to Your Favorite Music
 2. Tell A Joke
 3. Get Creative, Draw or Paint
 4. Watch a Movie
 5. Spend Time with Friends
 6. Take a Vacation
 7. Play with Children
 8. Quality Family Time
 9. Play with or Spend Time with Animals/Pets
 10. Go Out to Dinner
 11. Attend a Concert
 12. Cheer on Your Favorite Sports Team
 13. Join a Group or Club
 14. Laugh
 15. Sing Along to the Radio
 16. Live Simply
 17. Share a Story
 18. Play A Game
 19. Smile
 20. Be Active in a Sport
 21. Take a Mental Health Day
 22. Enjoy Time in Nature
 23. Try Something New
 24. Surprise Someone
 25. Give a Gift