27 *easy* Life-Changing Actions that will make an instant difference

1. Make your bed
2. Start a to do list
3. Skip 1 unhealthy thing you would usually eat
4. Focus only on things you are grateful for
5. Repeat this mantra "the world is for me and not against me" and truly believe it
6. Say one kind or positive thing to someone
7. Compliment someone
8. Do a fun personality test
9. Schedule a health appointment
10. Read for 10 mins before going to bed (old school: a book, magazine etc)
11. Speak kindly about someone to a friend or colleague
12. Make a point of accepting where you are at in life, but start creating goals
13. Do a quick goal setting exercise (this course is the best!)
14. Say one kind thing to yourself
15. Buy yourself a healthy meal
16. Try not to have sugar for one whole day
17. Do a quick workout
18. Stick an inspirational quote somewhere where you can see it a lot
19. Write down all your big crazy dreams and sit for a few minutes thinking about what it would feel like to achieve them
20. Visualize yourself in your happy place
21. Embrace social media for the positive things and let go of the rest
22. Sign up to volunteer at a charity that is meaningful to you
23. Write down your gifts (don't be humble, be loud and proud)
24. Learn to make a signature cocktail
25. Commit to feeling brave, fake it to you make it
26. Say no to one thing you really don't want to do
27. Say yes to something you might ordinarily not do