



# 60 Ways to Cultivate More Happy & Less Crappy!

There is likely nothing new on the following pages. Nothing you've not heard of before as a way to be a happier, healthier person. But that doesn't mean we don't need a reminder, am I right?

After reading this familiar list, I invite you to go back through and ask yourself the following questions:

- **Which of these sounds the most inviting?**
- **Which of these have I NOT been doing and want to?**
- **Which of these sounds super-scary or completely unappealing?**
- **Which of these calls to you NOW?**

You can also use the far-right column to give yourself a score (i.e. 1 = never do and 5 = nailin' it!)

Then take action. Reading this list is a great start ~ it primes the pump. Committing to action is where the real change happens.

So . . . what will you commit this week to create more happy and less crappy?

xO, Cheri

1.	<b>Practice Gratitude:</b> Regularly acknowledge and appreciate the positive aspects of your life.	
2.	<b>Connect with Others:</b> Cultivate meaningful relationships with friends and loved ones.	
3.	<b>Engage in Acts of Kindness:</b> Help others without expecting anything in return.	
4.	<b>Savor the Moment:</b> Enjoy and fully engage in the present moment.	
5.	<b>Stay Active:</b> Incorporate regular physical activity into your routine.	
6.	<b>Prioritize Sleep:</b> Aim for quality sleep to recharge your body and mind.	
7.	<b>Eat Well:</b> Consume a balanced diet rich in fruits, vegetables, and whole foods.	
8.	<b>Practice Mindfulness:</b> Meditate or engage in mindfulness exercises.	
9.	<b>Laugh More:</b> Find humor in everyday situations.	
10.	<b>Set Goals:</b> Have clear, achievable goals to work towards.	
11.	<b>Find Purpose:</b> Identify and pursue what gives your life meaning.	
12.	<b>Learn Continuously:</b> Keep your mind engaged through learning and growth.	
13.	<b>Limit Screen Time:</b> Reduce excessive time spent on screens.	
14.	<b>Declutter:</b> Organize your physical and mental space.	
15.	<b>Practice Forgiveness:</b> Let go of grudges and forgive others.	
16.	<b>Seek Professional Help:</b> Don't hesitate to consult therapists or counselors when needed.	
17.	<b>Volunteer:</b> Contribute to a cause you care about.	
18.	<b>Travel and Explore:</b> Discover new places and cultures.	
19.	<b>Cultivate Optimism:</b> Focus on positive outcomes and possibilities.	
20.	<b>Enjoy Nature:</b> Spend time outdoors and appreciate natural beauty.	

21.	<b>Limit Negative News:</b> Reduce exposure to distressing news stories	
22.	<b>Embrace Challenges:</b> See obstacles as opportunities for growth.	
23.	<b>Stay Gracious:</b> Practice good manners and courtesy.	
24.	<b>Engage in Creative Activities:</b> Express yourself through art, music, or writing.	
25.	<b>Connect with Your Passions:</b> Dedicate time to hobbies you love.	
26.	<b>Set Boundaries:</b> Protect your time and energy from unnecessary stress.	
27.	<b>Practice Self-Care:</b> Prioritize your mental and physical well-being.	
28.	<b>Be Present:</b> Fully immerse yourself in whatever you're doing.	
29.	<b>Help Others:</b> Offer your assistance and support to those in need.	
30.	<b>Celebrate Achievements:</b> Acknowledge and reward your successes.	
31.	<b>Build Resilience:</b> Develop the ability to bounce back from setbacks.	
32.	<b>Limit Comparisons:</b> Avoid comparing yourself to others.	
33.	<b>Express Gratitude to Others:</b> Let people know you appreciate them.	
34.	<b>Stay Organized:</b> Create a structured and efficient environment	
35.	<b>Stay Curious:</b> Cultivate a sense of wonder and exploration.	
36.	<b>Practice Positive Self-Talk:</b> Replace negative thoughts with positive one.	
37.	<b>Surround Yourself with Positivity:</b> Spend time with uplifting people.	
38.	<b>Enjoy Music:</b> Listen to your favorite tunes.	
39.	<b>Engage in Acts of Mindfulness:</b> Bring mindfulness to daily activities.	
40.	<b>Practice Deep Breathing:</b> Relax through deep and slow breathing.	

41.	<b>Set Realistic Expectations:</b> Avoid setting yourself up for disappointment.	
42.	<b>Nurture Friendships:</b> Invest time in maintaining and growing friendships.	
43.	<b>Reflect on Achievements:</b> Look back at your accomplishments.	
44.	<b>Stay Flexible:</b> Adapt to changing circumstances.	
45.	<b>Give Yourself Breaks:</b> Allow yourself to rest and recharge.	
46.	<b>Avoid Overthinking:</b> Don't dwell on negative thoughts.	
47.	<b>Dance and Move:</b> Express yourself through movement.	
48.	<b>Embrace Diversity:</b> Appreciate different perspectives and cultures.	
49.	<b>Limit Negative People:</b> Minimize contact with toxic individuals.	
50.	<b>Practice Acceptance:</b> Accept what you cannot change.	
51.	<b>Stay Inspired:</b> Find inspiration in books, art, or role models.	
52.	<b>Plan Fun Activities:</b> Schedule enjoyable experiences regularly.	
53.	<b>Learn to Say No:</b> Set boundaries with commitments.	
54.	<b>Visualize Success:</b> Picture your goals and dreams coming true.	
55.	<b>Stay Humble:</b> Be modest and appreciate your journey.	
56.	<b>Spend Time with Loved Ones:</b> Connect with family and close friends.	
57.	<b>Practice Acts of Mindfulness:</b> Notice and appreciate small details.	
58.	<b>Treat Yourself:</b> Pamper yourself occasionally.	
59.	<b>Seek Adventure:</b> Try new experiences and step out of your comfort zone.	
60.	<b>Practice Self-Compassion:</b> Show yourself the same love you show others.	





# Hi, I'm Cheri Honeycutt

and I'm here to help you design the life you want, to lose the wait, to kick your own "buts" and stop living each day by default.

I'm here to help you live with intention. Why? Because we don't accidentally have the life we want. We only get that when we live On Purpose!

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