



## Quality of Life--Boost Yours with This Simple, Eye-Opening Exercise by award-winning author / stress-relief expert Susie Mantell

Eye-opening exercise: Boost your quality of life! One of my all-time favorites - Please do this!

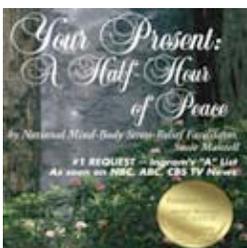
I could enjoy a happier, less-stressful, more satisfying life . . .

1. If once every year, I \_\_\_\_\_
2. If once every month, I \_\_\_\_\_
3. If once every week, I \_\_\_\_\_
4. If once every day, I \_\_\_\_\_
5. If once every hour I \_\_\_\_\_
6. If I could help reduce someone else's stress by \_\_\_\_\_

### Try These Quality-of-Life Boosters Too!

- ~ Barter your time, services, cooking, mentoring or consulting skills.
- ~ Help someone, somehow. (Extra credit if you don't tell anyone!)
- ~ Allow three careless, idiotic mistakes to slip by unmentioned.
- ~ Ask a cashier or server, "How are you today?"
- ~ Swap monthly dinners at friends' homes: Inexpensive night out.
- ~ Enjoy hugs, laughing, massage, exercise, museums, music, dance...
- ~ Smile and hold doors for strangers. Thank those who hold them for you.
- ~ Patronize merchants you respect and those who help your community.
- ~ Let a driver change lanes. (Come on... it takes 6 seconds!)
- ~ Visit a senior. Bring a baby or a puppy or kitten.
- ~ Stop. Look at the sky. Smell the breeze. Really taste your meals.
- ~ Use those grocery coupons - I saved \$8.39 last week!
- ~ Invite friends over for Scrabble & chili. (Cheap, fun, easy!)
- ~ Create! Paint a room, build something, make a gift for someone.
- ~ Each night, list the ways you enhanced the quality of your day.

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## END OF THIS TIP ##