

## Top Nine - Do More of What Makes You Smile

**1. Make a List.** Make a list of what makes you happy. Right now. Why? Because sometimes we forget. Now make a plan for you to do more of what is on this list.

**2. Create the Scenario.** What is your idea of a perfect morning, afternoon, evening or even an hour? Get out your calendar and make it happen. Right now.

**3. Unplug.** Unplugging is hard for people, I know. I meet a lot of overworked people. I know if they just learned to unplug, they would be a lot happier.

**4. Nature.** Nature is where I recharge my soul. When you are in nature, you focus on all of your senses. It seems so simple and straightforward, but how many times do we stop to be fully present and take in all of the glories around us?

**5. Your Home.** My home is my Eden. No matter how our days are, we want our home to be a safe, warm and soft loving place to "land".

**6. Family.** Spending quality time with my family makes me lay in bed at night and smile. What can you do to create more family moments that make you smile?

**7. Friends.** Spend time with your friends and ask, "How do I feel?" after they leave. If you don't feel good, is this the best friend for you?

**8. Pets.** My dad always said every home needs a pet. He is right. Having a pet is truly living the 90%

**9. Make Time.** When was the last time we scheduled in happiness? Go back to your list of what makes you happy at the beginning Now schedule something from that list in your calendar.