

# Your daily checklist



## Today

I connected with .....

I noticed .....

One new thing I learnt .....

I was consciously active by .....

I gave by .....

## Connect

- Talk to someone instead of sending an email/text
- Speak to someone new
- Ask how someone's weekend was and really listen when they tell you
- Put five minutes aside to find out how someone really is
- Arrange to meet up with people you haven't seen for a while, whose company you enjoy

## Be active

- Take the stairs not the lift
- Go for a walk, even a short one.
- Park a block from where you want to be and walk
- Get off the bus one stop earlier than usual and walk the rest of the way
- Organise a walking/cycling group
- Have a kick-about in a local park
- Do some 'easy exercise', like stretching, early each morning, in the evening

## Give

- Perform a random act of kindness
- Volunteer your time, your knowledge, your skills to help someone else, your community
- Find someone who is doing it tougher than you and do something nice for them
- Donate blood/ visit an aged care facility and offer to read to someone with impaired vision
- Pay someone a genuine compliment

## Take notice

- Appreciate the little things
- Reflect on how you are feeling
- Make a list of what you are grateful for today
- Have a 'clear the clutter' day
- Take notice of how people around you are feeling or acting
- Take a different route to normal
- Visit a new place for lunch.
- Learn about and practice mindfulness

## Learn

- Find out something about the people around you
- Sign up for a class
- Listen to the news or read a book
- Set up a club in something that interests you
- Do a crossword or Sudoku
- Research something you've always wondered about
- Learn a new word each day