

# 15 Things You Should Do Every Day for the Rest of Your Life



by Vicki Santillano

Tue 14 Oct, 2014

*Make time for all of these, starting today. You won't regret it.*

For some people, starting the day with a list of everything they need to accomplish is therapeutic. For others, it causes a mild panic attack. But you know what feels amazing for both groups? Ending the day with each item crossed off — especially when you know that everything on that lists translates to a healthier life.

The responses on *Reddit* to the question "What should you do every singleday? ([http://www.reddit.com/r/AskReddit/comments/2j60iy/what\\_should\\_you\\_do\\_every\\_single\\_day](http://www.reddit.com/r/AskReddit/comments/2j60iy/what_should_you_do_every_single_day))" are great reminders of what your day should really revolve around — not errands and work tasks (though you'll need to do those, too, of course), but the little things that keep you at the top of your game.

**1.** "Tell someone who's important to you that you love them — life is too short not to. My rule is that if I ever randomly think about someone, I'll shoot them a quick text to let them know that I care about them. You never know what someone's going through, and this could possibly brighten up their day."

**2.** "Clean. Doesn't have to be everything. Doesn't have to be exhaustive. But a little bit of cleanliness helps maintain a clear head and is a stress reliever."



**3.** "Drink a cup of water right after you get up."

**4.** "I try to do one kind thing (<http://www.worldlifestyle.com/inner-world/10-ways-be-kind-today>) a day... Just something each day. Hold a door. Make someone smile. Just something..."

**5.** "Learn something new."

**6.** "Push-ups. I started at 5 push-ups every day the moment I woke up, and I'm now at 40. Every single day. It's better than energy drinks."

**7.** "Make an effort to compliment at least one person! You will have effectively made a positive impact on 365 people every year and 366 people on leap years!"

**8.** "Organize 5 minutes of quietness and alone time. 5 minutes."

**9.** "Sunscreen (<http://www.worldlifestyle.com/health-fitness/5-sunscreen-types-to-avoid-at-all-cost>). Do it now. Your future self will thank you."



**10.** "Be social: it's easy to be reclusive for a whole day, but you always feel better if you have even a quick chat with someone."

**11.** "Meditate or self-reflect on positive things in your life. Try it every night before you go to sleep and take several deep, slow breaths to enter a serene state. This and combination of exercise in the morning will help you sleep better, which should brighten your days."

**12.** "Take about 5 minutes and try to find something to be thankful for."

**13.** "Some form of physical exercise. Doesn't have to be a huge undertaking, or even anything specific, just set aside a minimum of 20 minute to exert yourself every day. You'll see a tremendous change for the better in your health, your emotional state, and your ability to focus."

**14.** "Spend two minutes standing like a superhero, according to this TED talk ([http://www.ted.com/talks/amy\\_cuddy\\_your\\_body\\_language\\_shapes\\_who\\_you\\_are](http://www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are) )."

**15.** "Eat a salad."

**16.** "Make your bed. Start the day with a sense of accomplishment, end the day crawling into a nicely made bed."

**17.** "Slow down and take a moment to appreciate what's special in your life. I really try to give my boyfriend more than a cursory peck on the cheek before rushing off to the next thing, and to work in things like giving my dog a nice belly rub for at least a few minutes. It actually becomes a huge mood lift for me when I'm having a bad day, and it feels good to connect with them."

**18.** "Just be grateful (<http://www.worldlifestyle.com/inner-world/five-surprising-benefits-gratitude>) that you are even alive to face another day. And never regret growing old. It is a privilege denied to many."

