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Welcome to '90 Days to a Better You.'

Please do each task in order and take the time to appreciate each task. If for any reason you cannot complete a task, you may do two tasks the following day.

- 1. Draw a picture of your perfect home.***
- 2. Take a photo of a flower, plant or tree.***
- 3. Text a friend and tell them something positive***
- 4. Draw a line downwards on paper; write on the left hand side monthly income and the right hand side monthly outgoings***
- 5. Sing in the shower***
- 6. Write down one person you appreciate today***
- 7. Say hello and smile to one stranger for e.g. someone you walk by or at a check out.***
- 8. Put away all technology for 30 minutes.***
- 9. Read one poem either book or google.***
- 10. Ignore all social media for the rest of the day.***
- 11. Read one positive quote***
- 12. Make one meal you have never made before no matter how simple.***
- 13. Print/draw/cut out pictures from a magazine and piece them***

together to create a vision board of your ideal future.

14. Go to bed one hour early and get up tomorrow one hour early. The following morning spend time looking at your vision board whilst listening to music.

15. Tell someone close to you that you love them.

16. Watch one short clip of an enlightening animal documentary for example a YouTube clip of whales.

17. Make a promise next time you watch a television show with someone you will let them choose the show.

18. Learn one piece of history about the country you were born in.

19. Have a no refined sugar day for example no cakes, sugar in your coffee etc.

20. Try one herbal or fruit tea.

21. Put one pound (or average similar equivalent with your currency) in a jar.

22. Put two pound (or average similar equivalent with your currency) in the same jar. If not possible attempt to put something affordable in.

23. Put three pound (or average similar equivalent with your currency) in the same jar. If not possible attempt to put something affordable in.

24. Put four pound (or average similar equivalent with your currency) in the same jar. If not possible attempt to put something affordable in.

25. Put five pound (or average similar equivalent with your currency) in the same jar. If not possible attempt to put something affordable in.

26. Put six pound (or average similar equivalent with your currency) in the

same jar. If not possible attempt to put something affordable in.

27. Put seven pound (or average similar equivalent with your currency) in the same jar. If not possible attempt to put something affordable in.

28. Walk somewhere new today.

29. Read one positive quote.

30. Whistle your favourite song at present.

31. Reach out to a family member you have not spoken to in a while and ask them how they are.

32. Find a local charity you can do one voluntary sessions for. This could be just for one hour as a one off.

33. Watch a You Tube video and learn one dance move.

34. Read one inspiring poem.

36. Choose a positive picture you will purchase in the near future that will be placed in your home to inspire you every day.

37. Commit to buying a new top, shorts or pair of trainers in the next month so that you will exercise more frequently. If you do already exercise regularly then purchase a reward for yourself.

38. Spend five minutes longer looking at your vision board.

39. Make a commitment to stop one non-essential purchase this month for example this could be anything from a sugary treat to shopping or online video game add-ons.

40. Prepare the ingredients and make your favourite takeaway yourself this week.

- 41. The next birthday present you buy for someone make the commitment that you will make something for them instead of buying them a gift.***
- 42. Think of one person in the last seven days who you appreciate and who showed an act of human kindness. This could be a friend or even someone from a shop you went into.***
- 43. Find 45 minutes today to be technology free.***
- 44. Watch one documentary.***
- 45. Read one poem.***
- 46. Draw a picture of your dream beach.***
- 47. Learn three facts about the Amazon rainforest.***
- 48. Learn how to ask for your favourite drink in a language of your choice.***
- 49. Spend one minute with your eyes closed and picture yourself confident and in a positive environment.***
- 50. Buy a new book or eBook and make a commitment to read 5 pages every day after you receive this.***
- 51. On a previous day we asked you to, "draw a line downwards on paper; write on the left hand side monthly income and the right hand side monthly outgoings". Please look at this and brainstorm ideas on improving the left hand column and reducing the right hand column.***
- 52. Draw a picture of a sunset.***
- 53. Find a quiet place for five minutes. Think of a loved one who has sadly passed away and remember the good things about that person. Appreciate those moments.***

54. Make a commitment to let the day to day trivial things go. Instead take a deep breath and then use that emotional energy for something constructive in your life.

55. Make a cup of tea for someone.

56. Go to the most naturally greenest place you can today and appreciate nature. If this is not possible then google images of a beautiful place in nature and spend ten minutes admiring the views.

57. Learn how to iron or learn a different way to iron and practice this today.

58. Tidy an old draw and declutter today.

59. Choose a day this week that the only drink you can have will be water.

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- 67. Take a photo of something artistic in the area where you live.**
- 68. Learn one new form of exercise no matter how simple and practice that today.**
- 69. Buy a new book or eBook.**
- 70. Write one paragraph on how you would like to be remembered.**
- 71. Hug someone you care for. If you happen to be alone today then text someone you care about with something kind.**
- 72. Take a photo or video of something funny and share it with someone.**
- 73. Change something about your hair or the outfit you wear today.**
- 74. Write down one good thing you did today.**
- 75. Write down one good thing you saw today.**
- 76. Avoid the news for one day and watch or listen to something positive or inspiring instead.**
- 77. Send someone a text message with something kind.**
- 78. Try a healthy recipe for one of your meals today.**
- 79. Buy a book on poetry, history, or philosophy and when it arrives promise yourself you will read at least the first chapter.**
- 80. Draw a picture of planet earth and spend time appreciating how lucky we are to be here.**
- 81. Deep clean your home.**
- 82. Go out of your way to do something kind for someone today.**
- 83. Learn one piece of history about the place you are located in today.**
- 84. Look at photos of your dream destination.**

85. Learn the words to the last song you heard on the radio or the last one you can recall.

86. Organise a fun event for a small group of your friends.

87. Next time it rains... pause... and appreciate life.

88. Next time you are about to purchase a treat; alcohol, cake, or something nice; buy a less expensive version and use the difference to buy a small treat for someone you're close too.

89. Buy someone flowers.

90. TREAT YOURSELF TO SOMETHING TODAY!