

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

This is one of my all-time favorites. I hope you'll give it a try!

I could enjoy a happier, less stressful, and 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. 3 people I can ask for a little help from time to time are: _____

More Quality-of-Life-Boosters:

- Barter your time, services, cooking, childcare, mentoring or consulting skills.
- Help someone else, somehow. (*Extra credit if you don't tell anyone!*)
- Allow careless, idiotic mistakes to slip by unmentioned — Your own too. ;-)
- Smile and hold doors for others, and be sure to thank those who hold them for you.
- Visit an elderly or infirm person. Bring a baby, a pet, a yummy treat, or music they love.
- Create! Paint a room. Build something. Make a gift for someone.
- Each night list the ways you enhanced the quality of your life!

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