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# 101 QUICK TIPS

*for health  
& happiness*

*the healthy + happy*  
**B L O N D E**

@healthy.happy.blonde



Make a goal to cut back on fast food. If you're someone that eats it very often, start with a goal of 7 days with no fast food.

Wake up 10 minutes earlier. (Need some tips for becoming a morning person? I got you right [here](#).)

Find a new dinner recipe to try out that includes lots of veggies and spices/herbs.

Buy a new journal.

Write down 3 things each day that you're grateful for.

Go outside first thing in the morning for a few minutes.

Clean out your pantry.

Read a book.

Call or text a friend you haven't spoken to in awhile.

Dance.

Try a form of exercise you've never done before. Ever done Zumba?

Buy a cute stainless steel or glass water bottle to encourage you to hydrate.

Find a new workout class in your area to try out with a friend.

Go for a walk around your neighborhood or a local park.

Get some friends together and go for a hike.

Listen to a podcast while you drive to work. (Check out my favs [here](#)!)

Educate yourself on the dirty dozen & clean fifteen here.

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Go to sleep 10 minutes earlier.

Try a new fruit next time you go to the store.





Organize your closet.

Put together a date night with your significant other or a friend.

Watch your favorite movie.

Sit in the sun.

Make a to-do list and cross things off as you complete them.

Write down your goals. (Weekly, Monthly, Yearly, etc.) (Goal-setting tips can be found **here!**)

Practice breathing techniques.

Look up a beginner yoga video and complete it.

Make a vision board.

Go cell phone free for a day.

Do a quick 10-minute workout.

Follow positivity/motivational accounts on Twitter, Instagram, Facebook, etc.

Take a relaxing bath.

Look up a short meditation online and complete it.

Write down 10 things you love about yourself.

Wash your sheets.

Spend time playing with your pets or visit an animal shelter.

Clean out your fridge/freezer.

Change your alarm tone to something more relaxing / less abrupt.

Journal daily - even if it's only for 5 minutes. (For journaling tips click **here!**)

Wash your face in the morning and before bed.

Pack your own lunch for work rather than eating out.

Listen to your favorite song.





Clean out your closet - make sell and donate piles!

Grab dinner with friends.

Look up healthy dessert recipes and try one out.

Drink a cup of tea.

Go to your local library and find a new book to read.

Write positive quotes on post-its and post them where you'll see them.

Redo your phone homescreen and lockscreen with quotes and pictures that make you happy.

Treat yourself to a new comfy robe and cute slippers.

Wear your favorite outfit.

Buy a new mug.

Clean out your purse/wallet.

Try out some new, healthier snacks. (You know I got some suggestions right **here!**)

Buy yourself flowers.

Make a Pinterest board full of healthy habits, recipes, happy quotes, etc. (Click **here** for some ideas!)

Take a nap.

Look at old pictures of happy memories.

Try to get 10,000 steps in one day.

Practice grounding (walking on the earth with your bare feet.)

Have a game night with your significant other or with friends.

Plan a spa say - even if it's at home! (Exfoliate, take a bath, dry brush, do your nails, use a face roller, etc.)

Invest in a water filter.

Do a social media cleanse.





Spend time with family.

Make a photo album with all your fav pictures.

Give somebody a hug.

Do a random act of kindness.

Leave a positive review on a place/business you enjoy.

Go for a drive and listen to your favorite music.

Buy yourself a new book.

Clean out your junk drawer.

Do a puzzle.

Color or paint.

Spend time with your bare feet on the Earth.

Research the ingredients in your favorite products.

Diffuse essential oils.

Aim to drink half your body weight in ounces per day.

Try a new healthy drink. Some ideas: green tea, kombucha, green juice, fruit smoothie, spa water, etc.

Get your hair cut.

Look up positive affirmations and repeat them to yourself.

Take a hot shower.

Go on a small getaway by yourself. (Even if it's just out to dinner or a movie!)

Look up a stretching routine to do before bed.

Set boundaries for yourself.

Clean out/organize your emails and unsubscribe from junk mail.

Write your future self a note.

Eliminate soda for a week.





Plan out your meals for the following week. (Check out some tips **here!**)

Make your bed.

Compliment a stranger.

Make a list of things you need to do for the month.

Work out until you sweat.

Look up oil-pulling and try it out for a week.

Give yourself a scalp massage.

Do a 30 second cold blast at the end of your shower.

Go to a sauna.

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