



It's long been our goal to live a perfect day, and then to repeat that as often as possible. Yesterday, we did it. It has everything to do with this list of 25 ways to live a richer life. – Rose and Dennis Kleidon

## 25 Ways to Live a Richer Life without Spending a Penny

### LIVE GENEROUSLY: Care for Others

1. Call or visit a friend
2. Give someone a hug
3. Say thank-you
4. Write to someone
5. Do a chore for someone
6. Make something for someone

### LIVE NEATLY: Care for Your Nest

7. Straighten up
8. Make your bed
9. Clean or repair something
10. Sweep the floor or take out garbage
11. Do a little gardening
12. Pay your bills

### LIVE BEAUTIFULLY: Care for Your Mind and Spirit

13. Be grateful
14. Play music
15. Research or write something
16. Go outdoors
17. Read something
18. Pray or meditate
19. Smile

### LIVE WISELY: Care for Your Body

20. Take a walk
21. Do your exercises
22. Take your medicine
23. Drink lots of water
24. Eat your vegetables
25. Shower, brush and floss