



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, No Money Required

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