



100 Ideas for Bold Personal Growth

1. Do something every single day that excites you.
2. Travel somewhere adventurous with a fun companion.
3. Try new foods.
4. Give a complete stranger a surprising compliment.
5. Read a book not in your typical genre.
6. Smile even if you don't feel like it. It will stimulate the happiness part of your brain.
7. Try out a new hobby that's out of your comfort zone like dancing, surfing, painting, etc.
8. Join a networking group and attend regularly.
9. Learn more about social media and start connecting.
10. Show some form of kindness to everyone you encounter.
11. Face problems head-on and handle them quickly.
12. Apologize when you need to and sometimes when you don't.
13. Listen to a variety of music on a regular basis.
14. Stop tip-toeing around and own your ideas. Follow them through to fruition.
15. Stop tolerating irritating or energy-draining people.
16. Embrace the fact that it's never too late for just about anything.
17. Create a garden and grow your own produce.
18. Get rid of 100 things in your house that you never use.
19. Get rid of 100 more.
20. For one month, spend money on only what you absolutely need to survive.
21. Give money to the panhandler on the street, even if he might spend it on booze.
22. Write a love poem and read it to your beloved.
23. Dance a silly dance with your spouse while your kids watch – or with the kids.
24. Organize a monthly get-together with your friends.
25. Write a letter to your parents thanking them for all they have done for you.
26. Take your coffee or tea outside in the morning and listen to the birds.
27. Keep a gratitude journal and write down 5 things you are grateful for every day.
28. Remember that nothing is permanent. If it's bad, it will pass. If it's good, it will pass.
29. If you don't like your job, do everything in your power to find one you like. Life is too short to spend 8 hours a day unhappy.
30. Listen to other people's opinions, especially if they are different from your own.
31. Ask directions.
32. Take yourself less seriously. Lighten up and laugh more.
33. Count the days you think you have left to live. Decide who you want to be and how you want to live those days.
34. Turn off the TV. Avoid negative news programs or mindless sitcoms.
35. Sit quietly for ten minutes a day and focus on your breathing. Still your mind.

36. Create a goal for each month and daily action steps to get you there.
37. Tell all of your friends and family about your goals to keep you accountable.
38. Rise an hour earlier.
39. Take things off your to-do list and really focus on what you are doing now.
40. Write down your values and make sure your life and work reflect those values.
41. Every day ask yourself, "Who am I and what do I want to create today?"
42. Stretch yourself. When you want to stop or quit, do just a little bit more.
43. Clear off your work space.
44. Don't let limiting beliefs stop you – "I should, I can't, I'm too old, I'm not smart enough, and I'm not good enough." This is all baloney.
45. Learn to say no.
46. Ask for help and support when you are overwhelmed.
47. Study the people you admire and emulate them.
48. Surround yourself with positive people who share similar goals to yours.
49. Eat more fruits and vegetables.
50. Give up worrying about what others think. You can't control them and it doesn't matter anyway.
51. Spend less than you make.
52. Pick up the phone instead of e-mailing.
53. Leave work at work.
54. Leave work early a couple of times a month and surprise your family.
55. Go after as many life experiences as time permits. Explore the world around you.
56. Practice self-sufficiency. It fosters self-esteem.
57. Be a mentor to someone.
58. Stop wasting time on non-essential chores.
59. Hire a coach to help you achieve your goals faster and with more focus.
60. Constantly realign your habits with what makes you happy.
61. Say positive affirmations even when you feel blue. They will refocus your mind on uplifting thoughts.
62. Learn something new every day. Read an article, look up a fact on the Internet, or memorize a new word.
63. Whatever the thing is you've been putting off, stop now and take the first action toward getting it done.
64. Cook a sumptuous meal from scratch and serve it to a group of friends.
65. Remain open and approachable to others. The more people you meet, the more opportunities you will receive.
66. Slow down. Walk slower, drive slower, eat slower, talk slower.
67. Keep your eye on the prize. When you meet an obstacle, focus on the outcome.
68. Embrace failure as your friend. It means you've tried. If you never fail, you never try.
69. Focus on the positives. Force your thinking away from the negatives.
70. Appreciate beauty. Take a moment to focus on the simple beauty right in front of you.
71. Clear up past issues. Talking with a counselor is a bold move, not a weak one.
72. Stop worrying about what you don't have. Enjoy what you do have.
73. Simplify your living space. Remove clutter.

74. Clean out your pantry and refrigerator and give away or throw away unhealthy foods.
75. Watch the sunrise at least once a week.
76. Watch the sunset at least once a week.
77. Do some form of exercise every day, even if it's just taking a short walk.
78. Read out loud to your spouse or partner.
79. Invite a group of friends over for a game night.
80. Seek mutual resolution, not winning.
81. Be the first to forgive.
82. Let your family and friends know your needs and how they can meet them.
83. Check in with your family and friends about their needs and how you can meet them.
84. Be curious about life and people. Ask lots of questions.
85. Speak in public even if it scares you. It will scare you less the next time.
86. If you want something badly enough, do everything in your power to get it.
Don't have regrets.
87. Action is far more powerful than thought.
88. You don't need motivation to do something. Just start doing it and motivation will follow.
89. Realize that most happiness comes from gratitude and service.
90. Focus on the moment. Thinking about the past or future is empty.
Only the present moment is real.
91. See past appearances. Seek the common ground and value in all people.
92. Read inspirational books.
93. See your work as a creative act of service. Be invested in what you do.
94. Be a role model to others.
95. Act "as if" until it happens.
96. Read and study the great spiritual masters and find the common theme.
97. Allow yourself to be vulnerable even if you might get hurt.
98. Decide who the authentic you is, and then be that person.
99. You can always start over.
100. Give love freely and accept it openly.

...personal growth for fearless living