21 Daily Habit Ideas for a Good Life

1. Wake up + go to bed early
2. Make your bed every morning
3. Drink a big glass of water as soon as you wake up
4. Work out until you sweat
5. Morning + evening meditation
6. Put on clothes that make you feel good, even if you’re at home today
7. Write out your goals to remind yourself what you’re working for
8. Make a plan for your day
9. Spend an hour on your one thing
10. Have a green smoothie
11. Do one thing you’ve been putting off
12. 1 hour of learning: books, podcasts, online courses
13. Come up with 5 new ideas
14. Post a thought online - a short blog post, picture, or new idea
15. Go outside for a walk
16. Give a smile or compliment to a stranger
17. Declutter 1 item every day
18. Send someone you know a nice message
19. Gratitude: Think of 3 things you appreciate in your life
20. Review the day - what worked? What didn’t?
21. Make a list for tomorrow to clear your mind before you sleep