

## **IMPROVE YOUR QUALITY OF LIFE**

*From U.S. News & world report*

### **YOUR MONEY**

Take stock of your life and improve your financial future.

- \* Recycle Old Gadgets for Cash
- \* Choose 'Obama' Stocks
- \* Advance Your Career Online
- \* Put Your Cash in Safe Accounts
- \* Start Your Own Nonprofit
  
- \* Drink Screw-Topped Wines
- \* Lose the 'Microwave' Mentality
- \* Make Friends at Work
- \* Watch TV Free Online
- \* Try That Home Before Buying

### **YOUR BODY**

Take a healthy approach to life.

- \* Bike to Work
- \* Use Glass to Store Food
- \* Take an Afternoon Nap
- \* Get Paid for Good Health
- \* Walk the Cravings Away
  
- \* Get a New Toothbrush
- \* Move to Vermont
- \* Get Your Eyes Checked
- \* Add Obstacles to Your Jog
- \* Get Fit as You Get Older

### **YOUR MIND**

Challenge yourself to think in new ways.

- \* Read Up on Edgar Allan Poe
- \* Publish Your Book Yourself
- \* Go Back to School for New Skills
- \* Study Philosophy
- \* Save That November 5 Paper
  
- \* Silence Noise Pollution
- \* Finish a Crossword Puzzle
- \* Start Using Twitter

- \* Learn Russian
- \* Keep a 'Clothes Hanger' Journal

## **YOUR WORLD**

Better the world around you.

- \* Learn About Abraham Lincoln
- \* Plant a Square-Foot Garden
- \* Hypermile When You Drive
- \* Help Those Hit by the Recession
- \* Switch to a Push Mower
  
- \* Air Dry Your Laundry
- \* Practice Spreading Tolerance
- \* Ditch the Phone While Driving
- \* Get Your News Online
- \* Buy Laptops for Kids

## **YOUR PLAY**

Travel, read, cook...and don't forget to have fun.

- \* Learn to Play Bridge
- \* Visit Alaska
- \* Celebrate the Life of Miles Davis
- \* Take a 'Staycation'
- \* 'Geotag' Your Digital Pictures
  
- \* Watch the Beatles Let It Be
- \* Teach Your Kids to Cook
- \* Play a Fake Musical Instrument
- \* Read the Book Before the Movie
- \* Try Your Hand at Pottery