

# Make Waves



## Stop Existing & Start Living: Make Waves!

Sick of the same old, same old? Make waves in your everyday life, and start living the life you've always wanted.

**Surprise Yourself:** Jolt out of the same boring routine. Try a new exercise class or take a lesson: piano, singing, dancing or painting. Add excitement to each day – even something small!

**Create a *Living List*:** Already have a bucket list? Great! Consider creating a *Living List*, instead. Accomplish one item on your *list each week*. Make the most of TODAY.

**Make a Swap:** Swap gratitude for complaining, choose yoga instead of Facebook, use honesty instead of excuses, even trade a fun alarm clock song for an annoying ring. Switch it up!