



Lu Ann Cahn's Five tips for reinventing your life!

Make sure there's something on your to do list every day that you actually want to do...It can be very small (buy flowers for yourself, have coffee with a friend). If there's not some joy in your everyday life, what's the point?

Start with small changes to make big changes. Writing a book, or going back to school, or changing careers might seem so big and overwhelming you never do it. Break any goal down to a list of small steps.

Make it a habit to get out of your comfort zone. Try something new as often as you can even if it's very small. Try a new food, walk a different route, learn a card trick to entertain your friends.

Exercise your body every day. Nothing will give you more energy and lift you psychologically more than working out. Start very small if you need to. If all you can do is walk that's fine. Find something that you like to do.

Say "yes" more often. Say yes to invitations from friends that you might normally turn down. Yes to social gatherings and new experiences. Open up to possibilities you may not have even considered. Say yes when something scares and excites you at the same time. That's a good sign it's something you should do.

For more ideas on reinventing your life go to Oneyearoffirsts.com