

Wellness Actions

Food

- Download MyFitnessPal and track your food intake
- Eat one fruit or vegetable per meal
- Eat one new vegetable per week
- Add a fruit as a snack
- Buy a Mediterranean cookbook
- Add one meal per week with beans or fish as the main protein source
- Cut out one source of sugar per day
- Eat within your calorie target
- Learn 3 new whole grains
- Cook a vegetarian recipe for dinner
- Eat fruit for dessert once/week
- Get at least 25 grams (woman) to 30 grams (man) of fiber every day
- Reduce your sugar intake to 4 teaspoons of added sugar

Fitness

- Try one new way to move your body each week until you find one you like
- Walk around your neighborhood
- Do 150 minutes of exercise each week
- Do one hour of exercise six days a week
- Try yoga
- Sign up for a team sport with a friend or family member
- Walk a 5K
- Sign up for a gym
- Go to the gym 3 days per week
- Talk to a friend about why fitness is important as we age
- Find a buddy that likes to do what you like to do and make a regular date
- Join a team sport through the parks and rec department

Mindfulness/Wellness

- Download HeadSpace
- Find a meditation class near you
- Find a yoga nidra YouTube
- Spend the first 5 minutes of your day listening to music
- Go to sleep at the same time each night for a week
- Get 8 hours of sleep each night
- Write in a journal
- Take 5 deep breaths whenever you feel anxious
- Write 1 thing you are grateful for each day
- Play with a pet
- Declutter a messy area
- Soak in a tub

Connections Actions

Family

- Call your kid
- Call you mom/dad/brother/sister
- Organize a family Zoom call
- Invite family to dinner
- Send someone in your family a thank you note
- Organize a family game night (virtual or in person)
- Tell a family member that you love them
- Talk about your retirement plans with your significant other over dinner

Friends

- Don't be a lurker! Jump into a Facebook conversation
- Say "yes" to every invitation you get
- Write a thank you note to a friend
- Invite someone to lunch or happy hour
- Put your friend's birthdays in your calendar
- Join the MeetUp group you've been eyeing
- Go to one of the MeetUps of the group you joined
- Take a class and go on a regular basis
- Join (or start!) a MeetUp group and go to at least five meetups
- Set up a regular bunko or poker night with some friends

Community

- Foster a pet
- Hang out at a local park and talk with the regulars
- Work from your local Starbucks and get to know the employees
- Join Rotary or Lions Club
- Check out opportunities with your chamber

FUN! Actions

General

Create a list of FUN activities

Get an actual paper calendar to write your fun activities on

Schedule something FUN every month

Make a date with yourself every week to surf the net for FUN ideas

Take a class on something that interests you

Make a date with a friend with similar interests

Ask your friends to lunch to discuss FUN activities

Search for pictures online that make you smile.

Write a list of all of the times you remember having the time of your life

Hobbies

Make a hobbies list

Go to Michaels or RC Hobbies or the local hardware store for inspiration

Travel

Find travel sites that you like

Contribute monthly to a travel fund with a goal to go wherever you've always wanted to go.

Find a hotel to book for the weekend on Travelzoo or a unique home rental on AirBnB!

Sign up for a travel points card (Pay off your balance at the end of each month)

Other

Go out into nature at least once per month

Purpose Actions

General

Each day write down something you are grateful for. Look for patterns.

Take the Purpose Personality assessment Do one of activities that grabs you.

Write a mission statement for your Third Act.

Figure out an identity line (how you'll introduce yourself) and practice it in the mirror.

List out the ways you identify yourself. (optimistic; good with details, patient, etc.)

Side job/ entrepreneur

Grab a side gig that emphasizes something else you are good at besides your job.

Contact the chamber of commerce for resources

Check online resources for part time jobs (indeed.com, fiverr, upwork, etc.)

New education/career

Research college programs that are free for seniors

Read a college catalog and see if any of the majors interest you

Volunteer

Write your volunteering "why." What gap, or gaps, are you looking to fill with volunteering?

Research agencies or local volunteer opportunities online.

Find the volunteer contact at your favorite venue and tell them you're available!

Join a service club

Volunteer at your grandkid's school

Other activities

Research clubs and trade organizations

Make a list of people who need you

Start a blog or newsletter

Join Medium as a writer

Find freelance writing opportunities

Financial Actions

Budget

Get a mint.com account

Track your budget for 3 months

Identify “nice to have” vs “need” items for your budget

Determine what budget items will change in retirement

Identify all debts and interest rates

Research debt reduction strategies online

Determine a plan to pay off debt before retirement

Quantify large budget impact items like downsizing and moving

Wealth

Contact a CPA for tax strategies

Contact a Financial Planner for investment and income strategies

Get a personalcapital.com account

Research side income (gig jobs, consulting, etc.)

Risk Mitigation

Research Long Term Care insurance

Research umbrella insurance

Learn all you can about healthcare and Medicare insurance

Determine whether you need life insurance