



101 Ways to Manage Your State

Your state is a primary component of your performance at anything and everything. In fact, memory, learning, body language, word choice, how your next conversation goes, tone of speech, and many more things beyond these are state-dependent. Managing your state won't solve all of your problems or secure all of your opportunities, but it is absolutely vital to all of them. Here are 101 easy things you can try:

- List 5 things you're grateful for
- Meditate
- Pray
- Go for a walk
- Call someone you love
- Enjoy a cup of tea
- Play with a child
- Cuddle a pet
- Watch a short video
- Write in a journal
- Color a mandala design
- Listen to a podcast
- Read a book
- Handwrite a card & send it
- Thank someone
- Send an unexpected gift
- Compliment someone
- Workout
- Go for a run
- Listen to music
- Read an inspirational story
- Learn something new
- Yoga
- Disconnect
- Book a vacation
- Schedule a random day off
- Invite someone out for coffee
- Walk on grass in bare feet
- Listen to sounds of nature
- Water your plants
- Take a bath
- Get a massage
- Give a massage
- Tell someone you love them
- Bring food to a neighbor
- Donate some money
- Read a holy book

- 5-4-3-2-1 attention exercise
- Fast from the news
- Pay for someone behind you
- Try a new hobby
- Resume an old hobby
- Look at pictures of loved ones
- Ask for help
- Help someone
- Volunteer at an event
- Get together with friends
- Compete
- Count or list allies
- Rearrange the furniture
- Improve your work space
- Power nap
- Leave a nice sticky note
- Power pose
- Stretch
- Do an unexpected favor
- Watch a TED talk
- Get a haircut
- Get your car washed
- Play a board game
- Solve a puzzle
- Walk in the rain
- Watch birds
- Make your own Top 10 list
- Look up powerful reframes
- Make someone's day
- Thank someone u don't know
- Schedule "me" time
- Rose, Thorn, Bud exercise
- Sign up for coaching
- Light a scented candle
- Put on perfume/cologne
- Doodle
- List 3 wins from last week

- 3 Good Things exercise
- Sit outside
- Watch a funny video
- Put your phone away for 2hrs
- Schedule a date night
- Invite someone over
- Guided-imagery
- Self-hypnosis
- Visualization
- Write your younger self a note
- Tai Chi
- Smile
- Make ammends
- Focused, deep breathing
- Bake some cookies
- Swing on a swing set
- Go to a park
- Schedule a friends night out
- Create a bucket list
- Try a new restaurant
- Try a new cuisine
- Go to your favorite restaurant
- Learn to cook a new dish
- De-clutter
- Sing in the shower
- Put on your best clothes
- Power phrases - rosary, dhikr, mantras, affirmations, etc

Write your own:
