



50 Hints for Living Well in the Lord!

Stop global whining ★ Think hope ★ Hug a child ★ Tell the faith-story ★ Go fly a kite—literally ★ Say thank you ★ Blow up a balloon ★ Read a book ★ Pray for someone ★ Smile at a grouch ★ Worship the Lord ★ Pet a dog (or even a cat) ★ Forgive an enemy ★ Know you are forgiven ★ Encourage a friend ★ Shout hooray ★ Laugh out loud ★ Marvel at the beauty of nature ★ Listen to an elder ★ Say a word of hope each day ★ Exercise regularly ★ Eat those fruits and veggies ★ Share peace ★ Be a carrier of hope ★ Get plenty of sleep ★ Volunteer your time and talents ★ Celebrate life...have a



positive attitude ★ Make a new friend ★ Plan a family gathering ★ Get creative ★ Spend 30 minutes a day doing something you like ★ Protect yourself from pollution ★ Wear your seatbelt ★ Get regular check-ups ★ Exercise your brain ★ Share your feelings ★ Sing along with the radio ★ Pray often ★ Laugh—just for fun ★ Call a friend ★ Stay away from caffeine ★ Say hi to a neighbor ★ Ride a bike ★ Stay tobacco free ★ Thank and praise God all day long ★ Eat dinner with your family ★ Don't let calories sneak up on you ★ Take up a new hobby ★ Study the Bible ★ Support the health and hope ministry of Wheat Ridge

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*Lutherans seeding new ministries of health
and hope in the name of the healing Christ.*