

No.	Date	Idea	Source
1	2/2011	Eliminate meat from diet	Crazy Sexy Diet
2	2/2011	Dry brushing	Crazy Sexy Diet
3	2/2011	Drink water + lemon AM	Crazy Sexy Diet
4	3/2011	Early rising	
5	3/2011	Morning pages	
6	6/2011	Digital sabbatical	Gwen Bell
7	9/2011	Smile at eyes in meditation	http://liveboldandbloom.com/09/self-improvement/mindfulness-oprah-and-the-smiling-meditation-of-thich-nhat-hahn-2
8	10/2011	Inspired giving	http://momentumgathering.com/maybe/
9	10/2011	Build a kite	http://www.pbs.org/benfranklin/exp_kite.html new things: Be More with Less
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