

1001
Ways To



Stop Overeating

End **BoReDoM**

and

Just Have Fun

It's Time To Fulfill YOUR Wants, Needs and Desires



Tracie Johansen

**1001 Ways to
Stop Overeating,
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and
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Enjoy,

Tracie Johansen
1001WaysToStopOvereating.com

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Introduction

First of all let me tell you this is not a book about how to lose weight. It is for anyone who is bored with their life and has forgotten how to have fun. What I do offer are ideas that will help you to stop overeating, learn how to stop being bored with your life and learn how to have more fun. In these pages you will find many solutions for boredom, overeating, bad habits, stress, depression and lack of motivation.

You could read a thousand books about weight loss and motivation and still have no success. All the reading in the world cannot help you to lose weight or stop overeating unless you are motivated to do something about your current situation.

The only thing that can help **YOU** is when **YOU** change your mind about how **YOU** feel.

Most people overeat and become bored with their lives because they lose motivation to do anything. If you are at a point where any kind of activity makes you want to scream, then this book could really help you. It is designed to help you get back your motivation and want to start having fun again. It is all done by taking small steps so you won't feel pressured.

I am not going to tell you to just go out and meet people and you will feel better. If you are not in the right frame of mind for meeting people or even being around others, how could this possibly help you?

So, what do you do when you don't even know what makes you happy or what you enjoy doing? How can you start?

BY TAKING BABY STEPS OF COURSE!!!

Do you find that your comfort zone is to do nothing but stay in bed or sit on the couch? Well then how can you possibly get up and get going again?

BABY STEPS!!!

You can read weight loss or motivational books over and over but unless you are motivated to do something about it, it won't help. Most motivational books will tell you to get up and go do certain things. The problem is if you have absolutely no motivation to even get out of bed, then how can you possibly be expected to get up and go start an exercise program or anything else.

Does just getting out of bed in the morning seem to take too much effort and then when you finally do get out of bed all you want to do is go plop on the couch?

If you answered yes, then the first chapter in this book is for you. You will find ideas on how to get started with the minimum amount of effort. You can do them without even getting off the couch. Yes, that's right, you do not even have to get off the couch. Everything in the first chapter is easy to do and requires a minimal amount of effort. And all of these things can be very enjoyable.

Do you need distractions from constantly thinking about eating? You'll find over a thousand ideas to keep your mind off food, help you overcome boredom and learn how to have fun again. Find things you enjoy doing and you'll be having so much fun that you won't even think about

food.

You will find some very different and exciting entertainment ideas that will make you feel happy and learn to enjoy your life more. There are things you can do by yourself, or with your family or friends.

If you find that your life has become so mundane and boring that even 30 minutes after you've just had a meal, you are thinking about having another one, then this can help.

We are emotional beings. We want what we want, when we want it. And when it doesn't come immediately we lose motivation. We then get bored because our wants, needs and desires are not being met.

So we stop doing anything!

It's just easier to plop on the couch with food, and the remote and watch TV than to try to figure out how to meet our wants, needs and desires. This then becomes a habit that seems almost impossible to break. So we keep vegging in front of the TV wondering why we are so unhappy, miserable and bored.

Well . . .

It's time to break the cycle

Do any of these statements sound familiar?

I am bored because . . .

I am too tired to do anything.

I am too broke to do anything.

I don't have anybody to do anything with.

I lack the confidence to go out and meet new people.

I'm not motivated to get up and change.

I don't have a clue what I want to do.

I don't know what makes me happy.

I'm too lazy to get off the couch.

I'm too shy to talk to people.

I'm too overweight so I am uncomfortable going out.

I am in physical and/or emotional pain.

I just don't want to do anything.

Yes, this is a list of things to do to stop boredom.

No, it's not just your every day average book of ideas and ways to end boredom. It's a guide to help you get motivated to get up and just do something. It's designed to help you stop making excuses, stop the emotional cycle that's holding you back and get motivated to get up off that darn couch. It is a way to get out of your own way and start living again. It is designed to help you start a fun filled life that makes you excited to get out of bed everyday.

Let me ask you a question

Are you hungry or are you starving?

In order to determine which one you are, I have included the meanings of each of these words according to dictionary.com

Hunger: A painful sensation or state of weakness caused by the need for food.

Starving: Suffering severely from hunger.

Whenever you find yourself wanting to get something to eat ask yourself whether you are hungry or starving.

I have my own meaning for the word starving. Whenever I am hungry I ask myself are you really hungry or are you starving.

Here's how I use the word starving.

Am I starving for food or...

Love, acceptance, happiness, achievement, admiration, appreciation, balance, challenges, courage, hope, energy, fun, comfort, creativity, unfulfilled dreams, education, entertainment, excitement, dignity, contact, compassion, sex, confidence, laughter, inspiration or am I really hungry?

Am I starving because of...

Fear, anger, frustration, emptiness, grief, jealousy, judgments, loneliness, misery, mistakes, neglect, obstacles, pain, pressure, lack of prosperity, remorse, revenge, lack of respect, self sabotage, seclusion, self-pity, shame, shyness, speculation, stress, no support system, fatigue, uneasiness, feeling unwanted, lack of success, feeling unworthy or am I really hungry.

So I ask myself again, are you hungry or are you starving?

Well...

Are you hungry or are you starving?

The main reason most people overeat is because there is nothing better to do. We become lazy

and unmotivated and want instant gratification. Just think how much fun you'll have doing all these exciting and interesting things. And doing these things will give you that instant gratification you want.

Let's get started.

No Motivation? Things You Can do Without Even Getting off the Couch

Don't Even Think About Getting Off That Couch!

Go a little crazy, act really strange and have fun on your couch.

This chapter is designed to help you get started with the minimum amount of effort. In fact, everything can be done without even getting off the couch.

Nothing here is going to require that you take one-step off the couch. Okay, okay, there is one exception that you may have to get up. If you are on the couch already when you started reading and you have cookies, candy, soda, chips and dip, or any other food sitting anywhere near you, you will have to get up and put it all away before you start.

You could however, get your kids or mate to come and remove these things for you. Tell them if they take it away they can have it all. Just make sure they know that they have to take it all.

Everything suggested here requires very little physical or mental effort. It is designed to get you moving slightly to start at least some kind of motivation. All the activities are designed to motivate you to do something besides being totally bored and be tempted to overeat.

Now, I can't guarantee that some of these things won't cause uncontrollable laughter which may make you laugh so hard you fall off the couch. If this happens, you may have to actually stand up and get back on the couch.

If you are at a point in your life where just the thought of having to move in the slightest bit makes you want to scream, then this chapter is definitely for you. If any kind of movement at all seems like too much effort, then some of the things may be a little difficult. This is because they do require minimal amounts of movement. Notice I said minimal amounts of movement. These things are not difficult and do not require any kind of mental or physical exertion.

Everything listed here is designed to just help you get some kind of action going. You will not be asked to exercise on the couch. You will not be required you to get up and get anything in order to perform any of these simple activities. It is not required that you do all of these activities. All I am asking is for you to do is at least attempt a few of them to see if maybe they make you feel better.

You may experience times in your life where you actually feel as if you may just DIE from boredom. Therefore, you think, maybe I will go do this or that. Nevertheless, for one reason or another you just keep sitting there bored out of your mind.

This is called I am so unmotivated and uninspired to do anything I just cannot get off my butt to . . .

STOP THIS INSANE BOREDOM

Okay, no worries you do not have to get off the couch to do anything here.

So let's get started...

1

Sit on the couch facing forward. Put your hands together with your fingers intertwined as if you are holding your own hand. Your thumbs should be facing towards you. Now move your thumbs up until the tips of them are touching each other. Next, take your thumbs and twirl them around each other in a circle.

Now, turn the other direction in a circle. Then twirl them forward, and back and forward and back and forward and back. Now lift them up again so the tips are touching each other and then move one in front of the other so that one is touching the fingernail on the other one. Next, go back and forth and back and forth touching one fingernail than the other. And back and forth and back and forth and around and around and around and around in circles. Touch your thumb tips together again and rotate them back and forth and back and forth and around and around and around and around. And back and forth and back and forth and around and around and around and around.

CONGRATULATIONS!!!

You have just mastered thumb-twiddling 101. Give yourself a pat on the back.

2

Learn how to say your ABC's backwards fast. If you know the ABC's song, then go ahead and sing it the normal way. I have included the ABC's below so you can just follow along. Now begin singing the song saying them backwards. I have included the letters listed backwards to make it easier for you to learn. Keep practicing until you can say and sing your ABC's fast backwards without looking at the list.

Hey, I have also heard that the police may require that you say you're ABC's backwards if you are pulled over and are suspected of drinking and driving. So, added bonus if you are an alcoholic who is constantly out drinking and driving, this could come in handy one day.

Just kidding! (Well not about the police asking you to do this)

Just Don't Drink and Drive!

A B C D E F G H I J K L M N O P Q R S T U V W X Y and Z

Now I know my ABC's next time will you sing with me?

Z Y X W V U T S R Q P O N M L K J I H G F E D C B and A

Now I know my ZYX's next time will you sing with me?

3

Learn how to pronounce all your family and friends names backwards (this can also be fun to do in groups - but not on your couch sitting time). Here are some example names to get you started.

WARNING: This can become addicting. You may find that every time somebody tells you his or her name you try to say it backwards to see how it sounds.

Elizabeth is Htebazile
Marilyn is Nyliram
Sharon is Norahs
Stephanie is Einahpets
Britnee is Eentirb
Addison is Nosidda
Samantha is Ahtnamas
Brooke is Ekoorb
Gabriella is Alleirbag
Hannah is Hannah (hey that doesn't work)
Christopher is Rehpotsirhc
Andrew is Werdna
Anthony is Ynohtna
Alexander is Rednaxela
Martin is Nitram
Harold is Dlorah
Thomas is Samoht
Larry is Yrral
Ralph is Hplar
Benjamin is Nimajneb

4

Repeat a single word over and over until it does not make any sense.

Some are good ones . . .

Bitty
Squiggly
Malarkey
Snickers
Hence
Snort
Flubbed
Humor
Kumquat
Flatulence
Why
Level
Persnickety
Bumble
Sought

5

Balance a pillow on your head. If you do not have a pillow nearby, you can use a cushion, magazine or anything lightweight that is within reach. You don't need to get up. Make sure to center whatever item you choose on the top of your head then either sit still, or move around a little bit and see how well you can balance it on your head. Time yourself and see how long you can balance it on your head.

6

Try your best not to think about "monkeys hanging from banana trees." Really, try it! Hey, all you have to do is just not think about "monkeys hanging from banana trees." Just sit silently for a few minutes and keep your mind clear. Don't even think about "monkeys hanging from banana trees." I don't see what the big deal is. I don't see why you cannot just stop thinking about "monkeys hanging from banana trees."

Come on try it again . . .

Don't even think about . . .

MONKEYS HANGING FROM BANANA TREES

7

Throw a temper tantrum (okay, this requires a little physical activity). Lie down on your back and swing your arms and legs about whilst screaming and yelling and rolling your head back and forth. Do this for as long as you want to if you are alone. If there are other people in the house, do it for as long as they will put up with it. Maybe you can get everyone else in the house to join you and have a temper tantrum party. This is an easy way to take out frustrations and relieve stress.

8

Think of a song that you know the tune to well. Then make up new words to the song using the tune. Here is your chance to write a prize winning song or just make up funny lyrics that make you laugh. You can also make up words to the song to express how you are feeling. Take out your frustrations by making the words to the song tell someone you are mad at how you feel. Just use your imagination to come up with the lyrics as you go. If you have a paper and pen handy, write them down and sing the song whenever you need a good laugh.

9

Play the remote control game. See how fast you can go through all the channels on the remote control. Next, go through every single channel and count how many channels you actually have. Remember, do not count the channels that have the snow.

10

Choose a pillow or cushion from your couch and punch the heck out of it. Scream, yell, and say everything that makes you mad while you are punching it. Pretend it is a person that you are mad at and punch the heck out of it every time you tell them why you are mad.

WARNING: This is best done when you are home alone.

11

Imagine your dream life. Take some time to sit quietly and think about what your dream life would be like. Where would you go on vacation? Imagine yourself already being on vacation. If you are going to the ocean, imagine hearing the waves and feel the water splash on your face. See yourself lying on a lounge chair and having someone bring you a cool drink. Feel the sun on your face and let yourself go into a deep relaxation.

Imagine how you would act if you were the person you imagine. See yourself being this person. See yourself with confidence and feeling good.

Imagine what your dream home would look like. Picture the way it would look outside. Imagine beautiful landscaping and the color and style of your dream home. See yourself walking in the door to rooms filled with beautiful furnishings. Imagine how you would feel knowing that this wonderful house was yours. See yourself going through each room and seeing all the furniture you have always wanted in each room.

One more thing . . . Pay close attention here because this is very important.

WHAT IS YOUR DREAM COUCH?

12

Take a 15-minute catnap (No, you do not need a cat to do this).

13

If the coffee table by you is dusty, write words or pictures with your fingers in the dust. When you are done, dust off the table with your hands. If there happens to be a paper towel or napkin handy you can use that instead. No, you do not have to get up to go get one.

14

Go through the channels on the TV and find a movie or TV show that you have seen many times. Now mute the TV, and make up new words to what everyone is saying. Just say whatever pops in your head. It does not even have to make sense. Do this for as long as you want.

15

Have a go at finger chiming. Simply put your thumb in the air and then touch it to the tip of each finger. Be sure to straighten your fingers between touching each finger. Touch your thumb to all your fingers and then go backwards, and forward, and backwards, and forward. See if you can do it with both hands at the same time.

16

Break down and have a good cry, or a bad one. It's up to you.

17

Grab a comfortable pillow and cuddle with it. Imagine it's a trusted friend or mate and tell it all your hopes and dreams. Imagine that your pillow is a supportive person who tells you that you can achieve anything.

18

Need to relieve some stress? Count backwards from 600 to 0 by fours. This also works very well when you cannot go to sleep at night because you can't keep a clear mind.

Example: 600, 596, 592, 588, 584, 580, 576, 572, 568...

19

Give yourself a good foot massage. Rub your feet from your heels all the way to your toes until they feel relaxed. Lie down on the couch and put your feet up on a pillow and rest for a few minutes.

20

Play name that tune a new way. Set the TV to a music channel, turn your head so you do not see the names of the songs, and see how fast you can name that tune. See if you can name the tunes in 10 notes or less.

21

See how many times you can laugh in one day. If you happen to have a piece of paper and pen handy, you can make a notch each time you laugh. If not, do not get up to get one. Just do your best to keep track or make a notch in the dust on the table. Do your best to force yourself to laugh right now. Think of as many funny things as you can that have made you laugh in the past. Each day aspire to laugh more than the day before.

22

Think of positive words for each letter of the alphabet. Go through each letter below and say any positive words you can think of for each letter. I have included one word for each letter already. See how many more you can come up with for each letter.

Awesome
Bold
Cheerful
Divine
Easy
Fun
Grateful
Hopeful
Fun
Joyous
Kind
Loving
Marvelous
Nice
Optimistic
Passionate
Quirky
Relaxed
Self-confident
Terrific
Unique
Vivacious
Wonderful
Xtra special (okay, I know that's not the right spelling)
You
Zany

23

Count things in the room. You can count just about anything like how many holes in the ceiling, lines, flowers in a design on something, trinkets, books, CDs or DVDs, pillows, pictures or whatever else you can find.

24

Make music on things within your reach. Tap a vase lightly with a pen. Use your hands and drum on the table. Do you have textured walls? Run something up and down them to make noise. Tap on a piece of paper. Click a pen open and closed. Snap your fingers and make weird sounds with your mouth. Just get a little silly and have some fun.

25

Find silly videos on YouTube.com. There is always something funny to watch on YouTube.com.

Simply go to the site and type in “funny videos” or “crazy videos” and see what you can find.

26

Blink your eyes wildly and then tightly close your eyes. You should get a nice light show.

27

How long can you hold a note? Find a song you know well and then start singing it and see how long you can hold the final note from one sentence.

28

Pretend you're a car. Make noises like you're starting your engine and then make noises like you're revving your motor. Imagine yourself driving around in circles in the room. Honk your horn loudly and make noises like your tires are screeching. Imagine yourself driving up the wall and across the ceiling. Use your imagination and do some extreme driving in your mind around the room.

29

Redesign your room in your mind. Imagine what one of the walls would look like with a bright new color of paint. Imagine what it would look like if the rest of the room was pure white and all the accessories were the same color as the accent wall. Use your imagination and come up with what the room would look like if you could afford to do anything you wanted.

30

Sing a song in your own made up language. Choose a song that you know the tune to. Now make up your own language to replace the words. You may be surprised to see what you create.

31

Make animal sounds. Start making silly animal sounds like cows, chickens, pigs, horses, dogs, cats, birds, lions, bears, monkeys or whatever you want to be. Pretend you're the animal and use their mannerisms. Do this for as long as you want.

32

Do a puppet show with your hands and feet as the puppets. Makeup names for the characters for each hand and foot. Think of outrageous lines for each character and have your own silly puppet show.

33

How many things can you find in the room that are . . .

Yellow
Red
Orange
Green
Blue
Purple
Pink
White
Black
Grey
Brown

34

Look for something in the room that starts with each letter of the alphabet. If you can't find something that starts with a letter, see if you can find something that is shaped like the letter.

Say tough tongue twisters from the "Keep Your Mouth Busy" chapter. I did not number this one as it is numbered in that chapter. This can keep you busy for hours.

All About Me and Nobody But Me (take some me time)

What are your wants, needs and desires? If you want to find out how to feel good about yourself, you must first learn who you are and what you want and enjoy the most in life.

I Will Not Give Up Until I Succeed

When I share my ideas with people and they roll their eyes at me and change the subject, it just makes me more determined to succeed.

Don't let self-doubt take you out!

Getting to know me. Getting to know all about me.

This chapter is all about getting to know yourself better. Take some time out just for you. Learn to love and accept yourself for the unique person you are. There is nobody in the whole world just like you. You deserve to have a happy life. When you feel confident and happy others want to be around you and enjoy your company.

You may think that taking time out just for you seems selfish. This is simply not true. If you cannot take time for yourself to feel better, relax, rejuvenate and learn to love yourself, then how can you possibly have anything to give others?

When you learn how to relax and take care of yourself, your entire life becomes easier and more enjoyable. Your relationships grow stronger and everything in your life just seems to fall into place. When you feel better, it is much easier to give to others and enjoy the company of friends and family.

If you are always pushing yourself to do for others and never giving anything back to yourself, you may find that you will start to resent doing things for others. This resentment will show in everything you say and do. Once you start feeling resentment for doing for others, you start feeling bad about yourself and your self-confidence is hurt.

In order to be a happy and healthy person, you have to allow for some "ME" time just for YOU. Take time to do as many of the activities here as you can. Before you know it, you will start to feel better. You'll be surprised when you realize the more you do these things, the more people will want to be around you. They will see a change in you as you become more loving and happy. And you'll become someone people want to be around.

It is time to open your heart and soul up to new possibilities.

Ask yourself the following questions. These questions are designed to help you get to know yourself better. I realize that you may think that is a strange thing to say. What do you mean know myself better? How could I possibly not know myself? Well, you would be surprised how many people really do not know themselves and don't know what they can do to feel better. It is important that you answer these questions honestly. After all, you are the only one that is going to see the answers and they will only help you get a better understanding of what you want from your life.

Let's get started.

1. What are my best qualities?
2. What activities do I currently do that give me the most enjoyment?
3. What makes me happy?
4. When was the last time I remember feeling really happy?
5. Do I have any idea what I want that could make me happy?
6. What hobbies do I enjoy the most?
7. If I could do anything I wanted over the weekend, what would I do?
8. What brings me the most pleasure in my life?
9. If I could have any job or career I want, what would it be?
10. Whom do I most admire? Why do I admire them?
11. Am I completely unmotivated to do anything?
12. Do I feel as if my life has no meaning?
13. What is the thing that I am most afraid of in life?
14. What do I think is my reason that I overeat?
15. Is it easier for me to just stay in the house and be bored rather than have to go out and face the world?
16. Do I feel completely alone even when I'm in a room full of people?
17. Do I find myself hiding away from other people because I am afraid I may wind up in relationships that will hurt me?
18. What is the hardest challenge I have had to overcome in my life?
19. Do I have any friends?
20. If the doctor told me I only had six months left to live, what do I think I would most want to accomplish?
21. If I knew there was no way I could fail, what would I do with my life?
22. What is the most important thing I would like to achieve in my life?
23. What is the purpose of my life?
24. If I am not sure what the purpose of my life is, what is my best guess at my purpose?

Well, what do you think? Did these questions help you get to know yourself better? If you had a hard time answering them, then you will want to spend some time going through them each day until you can answer them all. Are you amazed how much you still need to learn about yourself? Do not despair; most people have a hard time answering questions like this. The best part about answering these types of questions is that it gives you something to think about. They help you decide what you want to make of your life.

Following, there are many things you can do that can help you get to know yourself better. There are also many fun activities that you can do alone. While you are doing them, they will help you like yourself more and more each day. You are a unique and special individual and it is time for you to start treating yourself the way you deserve to be treated. You deserve to be happy!

Are you ready to get going?

Talk to yourself in the mirror. When you are speaking in front of the mirror, talk to yourself about what you want out of life. Ask yourself the following questions. You can also ask yourself all the

above questions in the mirror.

What makes me feel good?

Do I have self-confidence?

What do I need to change in order to have self-confidence?

What do I need to do in order to improve my life?

What are the things I enjoy doing?

By asking yourself simple questions in the mirror, you can get to know yourself better and figure out what it is that makes you tick. Talking to yourself in the mirror is a good way to find out what makes you happy, frustrated, angry, energized, lazy or any other emotions that are causing you to overeat. Have a real conversation with yourself about what you think you need to change in order to improve your life. Then decide what can stay the same and what needs to change.

36

Use goal visualizations to get motivated. Put together an entire movie in your head about how you think your life could play out. Take out a tape recorder and talk out the whole idea on tape. Do your best to describe it using descriptive, uplifting, positive, and colorful words and ideas.

Let your imagination go and describe in detail how you can handle things positively to achieve your goals. Whenever you are feeling like you just cannot possibly keep going, listen to the tape until you are sure again that anything is possible.

37

Do you need a life coach but can't afford one? Be your own life coach. Whenever you catch yourself having destructive thoughts, take a deep breath and say; "I love myself, just the way I am."

Get up, walk around, and force yourself to think only good happy thoughts that will make your life better. If there is something that you want to learn, then read books that help you learn what you need to know to achieve what you want. Make sure to keep a notebook handy to keep all your goals written down and then write a plan of action.

Take out your notebook every day and look at each step in your plan in order to achieve at least one item each day. Do not allow yourself to say negative things like, "oh my dreams can never come true." If you do catch yourself talking negatively, stop immediately and scream out loud, "YES I CAN!" My dreams will come true.

38

Get a piece of paper and write down at least 10 things that have happened in the last 24 hours that you are grateful for.

Some examples are...

I had a good night's sleep

I watched a great movie that made me laugh
Someone at the store smiled at me and said hi
I had a delicious dinner and found out it was only 300 calories
I found the perfect lamp for my living room
I hit all the green lights on the way to work
I went for a walk in the park and looked at all the beautiful flowers.
My little one came up and hugged and kissed me unexpectedly.
My skin finally cleared up
I exercised for 15 minutes and did not even hate it.
I danced around the room with my kids and we had a great time.
I learned a new hobby
I felt good about myself all day
My back did not hurt for the first time in several days

When you start writing down the good things, you start to realize that there are more good things than you thought. Focus on the good things happening each day and ignore the bad ones. This may take some practice but the more you ignore the bad, the easier it becomes. When you do this, you'll find that each day it is easier to be happy. Learn to appreciate the small things and before you know it, you will find yourself looking forward to getting out of bed each day.

39

Set up your own space somewhere in the house. Can you set up a spare room or guest room that you can go to when you just want to be alone? If it is not possible, or you do not have a spare room, simply find a comfortable chair and put it in a spare corner in your favorite room. Let your family know that when you are sitting in your chair, that it is your time. Make sure to have some good books, note pads, pens, Cd's and a CD player, crossword puzzles, candles or whatever you enjoy set up in your space. Take at least 10 to 20 minutes every day to sit in your own space for some quality "me" time.

40

Take a few minutes to release tension. Put on some nice soothing music. If you have any sore muscles, lie down on a heating pad to relieve pain. Now, just let yourself go for a few minutes. Drift off and imagine that you are doing something you enjoy and have no worries. Do not allow

any other thoughts to enter your mind. Just focus all your attention on relaxing and enjoying the music.

41

Write a back in time letter to yourself. Think of a time in your life that you made a bad decision that you wish you could change. Now, knowing what you know now, write yourself a letter explaining why you should not do whatever it was you did. Explain every detail of why you should not do it and what you could do instead. Next, write a letter forgiving yourself for whatever mistakes you made. Think about how many things could be different for the bad if you had done things differently in the past. Explain that in the letter and then once again forgive yourself. Read the letter a few times, tear it up, throw it away and let it go.

42

Write a future letter to yourself. Think about where you would like to be in five years. Sit and write yourself a letter about all the great things that will be happening by then. Include as much detail as you can about what your life is like and act as if it has already become a reality.

43

Write poems using the letters in your name. Using each letter in your name, write a poem describing how you are feeling about your life. You can write negative and/or positive poems. However, once you have read the negative one quickly tear it up, throw it away, and focus on the positive poem. Read your positive poem every day.

Here are mine for an example.

Negative Poem

Terrified of many things, I
Resist
Achieving my goals
Certain that failure will
Incur and
Expose my weaknesses.

Positive Poem

Triumphantly I will,
Respond to all that is good and . . .
Amaze myself by
Challenging all my
Intentions to
Exploring all the possibilities of life.

44

Make a goals collage. Find pictures in magazines of things that you want, or would like to achieve in your life. Put together a collage on a poster board. Write down what each picture means below it. Do your best to put everything in the order of the most important to least important. Look at your collage several times each day to motivate you to achieve each goal.

45

Write your own biography. Take some time to write about your life including choices, trials, good times, bad times, memories, relationships, and anything else that you feel describes your life.

Write at least one chapter for each of the most important years of your life. You can start from now and go back in time. Or, you can start from 20 years ago and move forward. You are not necessarily looking to publish your biography. This is just an effective way to get to know yourself better.

This is also a good way to figure out what things you would keep the same and what changes you would like to make in order to improve your current living situation. There is no right or wrong way to write your own biography. Just put it in your own words. It does not have to be perfect, grammatically correct, or even in the order of years that you are writing about your life. Just write down all the different things in your life that have made an impact and why they have made an impact.

The more you write about the important events in your life the more you will get to know who you really are and what makes you tick. Spend a little time each day working on your biography. Read it whenever you feel you are ready to start making changes in your life.

46

Put together a happiness project. Think of some kind of project that would actually make you feel happier about your life. What kind of things could you do that you would enjoy? Where would you live? Would you choose the same partner? Would you hang out with the same friends, or would you make major changes in your life? Once you have figured out these things they will help you achieve your happiness project.

47

Allow yourself to make mistakes. Do you catch yourself being non-constructive because of mistakes you made in the past? Remember that you are only human and everyone makes mistakes. Allow yourself to be human. Forgive yourself and move on.

Dwelling on past mistakes cannot do anything except cause problems in your future. You cannot go back and change them. Take a few minutes to say them aloud right now. Now, tell yourself "I forgive you", and then move on with your life.

Your mistakes do not make you. What you do with the knowledge you learn from making them is what makes you. Mistakes are a part of life that makes you who you are. What you learn from them is what matters. Where they take you in your life is what makes you stronger and helps move you on the path to future success.

Can you imagine if someone had not followed through on some of the major inventions of our time? Many of the greatest inventions were discovered after dozens or even hundreds or thousands of mistakes. Can you just imagine if these inventors had given up just because they made a few mistakes?

Can you see why it's important that you make mistakes? Every time you do, you learn what not to do the next time. Each mistake makes you stronger and helps you get one step closer to achieving what you set out to do. Instead of letting them bring you down, let them teach you what needs to be done differently, and then do it.

48

Take out a notepad and write down everything you want. Make a separate page for each of the following things. Health, material possessions, relationships, lifestyle, spiritual needs, financial and anything else you can imagine. Next, write a list of everything you want on each page as fast as you can think of them.

If you think of more each day just add them to each page and then you can refer to these things anytime you want to figure out what you want to do with your life. This is a great reference for sitting down and figuring out new goals. This is also a great reference for times when you are frustrated and cannot figure out what to do. You can look at this notepad to help you make decisions about what's important to you in your life. It will also help you decide how you can go about achieving these things.

49

Do something totally new today. If you're not feeling very adventurous, make it something simple like taking a different route to work. You can go online to [maps.com](https://www.google.com/maps) and type in the address of your work or wherever you are going and it will give you directions. If the directions are the same route you take, then click on walking route, bike route, or alternative routes. You would be amazed at how many different routes there are to take you to the same location.

Maybe you could do some of the adventurous things listed in this book. Each day add something new to your daily routine. You can make your life more enjoyable by coming up with new possibilities. You'll be motivated to get out of bed every morning. Go ahead and mix up the works by making small changes each day and beginning new things.

There is nothing wrong with acting a little crazy at times. If you think about it, many of the inventions that have changed life for us as we know it, came from people who were just acting a little insane. Begin to come up with new and creative ideas for doing the same things you do. If you normally water your plants with a watering can, make an effort to think of something that makes it easier. Just play around with different ideas and bring out your creative side.

50

Make a tape recording of your feelings. Whenever you are feeling confused or frustrated listen to the tape and see if you can come up with solutions for your problems. Make sure to tape

everything you feel is the cause of the difficulties and problems in your life. Next, on your tape begin to explain all the different things that happened in your life that have helped when you were frustrated and confused. Come up with every solution you can think of and add them to the tape. Take time to listen to your tape a few times until you figure out how to handle them better once they come arise.

51

Attend a motivational seminar. If you look in the newspaper or online in your area, you can usually find free motivational seminars. Just remember, most of them will attempt to sell you their tapes or other seminars when you arrive. However, I have been to quite a few of them, they are very helpful, and they are not high pressure.

Motivational seminars are inspiring and they help get you motivated to start new projects. So, find a motivational seminar in your area and schedule it as soon as possible.

52

Set up a jar to put money in every time you resist your cravings to overeat. Every time you do something besides eating when you are having a craving, put whatever you feel you can afford in the jar. Put in a quarter, a dollar or five dollars to use for a reward later. Set up a plan for every time you lose 5 or 10 pounds, you can take the reward cash and buy yourself some non food reward. Knowing you get to go on a mini shopping spree can motivate you to stop giving in to every craving. The more you avoid your cravings the more money you will have in your jar.

53

Take a pretend vacation. Go to your local travel agent and get some travel brochures for different places you have always wanted to go. Take all of your travel brochures and put them together where you can sit down and look at them. Now you can take an imaginary vacation whenever you want to get away from it all. Imagine yourself at the location while looking at the pictures and feeling as if you are actually there. Many times imagining things like a luxury vacation can actually make it happen. You never know, the universe may pick up your signal and help you figure out how you can make your luxury vacation dreams come true.

54

Take out a notepad and at the top of the page, write, "What would I do if I had \$1,000,000?" Now as fast as you can, start writing down everything you would do with \$1,000,000 if you acquired it tomorrow. Once you have written down everything quickly go to another page and write down "What would I do with \$1,000,000?" at top of the page again. Now, just add one thing each day to see if the things that you want change as each day passes. Determine the most important things you want to have, and what things can come off your first list. This can help you finally determine what is really important to you.

55

Make a mixed CD of all your favorite songs. Go online and download all your favorite songs onto one CD. Then you can listen to it whenever you need to get away from it all. You can find some great music at the links below.

[Apps for Entertainment - Free Music](#)
[Free Music Download 14 Day Trial](#)

56

Make a time capsule to bury in your backyard. Take a waterproof box and fill it with things that are important to you. Write-down things on index cards that are important to you. Put memorabilia of things you enjoy in the box. Once you have everything put together, find an area in your backyard and dig a hole to put it in. Make sure to put something like a big rock on top so you'll be able to find it again. After a year, go out in the backyard and dig up the box and see if the things that were important to you now are still important to you.

57

Make a list of everything that you own and figure out your net worth. Include every little thing like your car, bicycle, furniture, clothing, jewelry, house and put a dollar value on each item. You may find out that your net worth is better than you thought.

58

Go online and type in your full name on [Google](#), and see what you can find. You may be surprised to find out how many people have your exact name. See if they have a blog, are members in a forum or chat rooms and attempt to connect. Maybe you could contact other people with your exact name and introduce yourself. You never know, you may just find you have more in common then just your name. You may also find personal things about yourself that you do not want online. If this happens, go to the different websites and see if you can get the information removed that you do not want online.

59

Grab an old shoe box and put together things about you. Just add things like pieces of paper with what you like, what you are about, what makes you tick, what makes you happy, what makes you sad, or whatever else you want to write. Next, put simple items in the box that you feel best describe the kind of person that you are and what is important to you. Take the box out every year and look at it, pull out anything that no longer applies to you, then add things that describe who you are now.

60

Get in your car and take a scenic drive to somewhere you've never been before. You may want to just wing it and drive to your heart's desire, or you may want to go online first and determine where you want to go and print up a map. Whichever you decide, just go out and enjoy nature.

61

Pamper yourself and splurge on a masseuse and get a full body massage. Check online for coupons to find a great deal. You'll feel relaxed and refreshed.

62

Go to a car lot and test drive the car of your dreams. I'm not saying go buy a car, just take it for a spin and see what it feels like to drive. Take some pictures inside and out. See if you can get somebody to take a picture of you sitting inside the car. If you want to, you can add a photo of it to your wish board. This will make a nice addition to your wish board, and who knows, maybe someday you may own it.

63

Learn how to say no without feeling guilty.

Are you the type that always says yes to people when they ask you to do things even if you don't have time or don't want to do them? The next time somebody asks you to do something you don't want to do, simply say no. You are not responsible to give them an explanation why. Just say no, walk away and tell yourself it's okay, you have no reason to feel bad.

64

Take a digital photo of everything you own and put together a virtual scrapbook. Walk through your house and take pictures of each piece of furniture, trinkets, and pictures on the wall, each clothing item, dishes, and everything you want to include. Now put together a virtual scrapbook on your computer or make a slide show so you can look at all your things whenever you feel like it. Remember, some people don't have anything. This can remind you how fortunate you are. You can get some awesome slide show software from the link below.

[Visual Slide Show](#)

65

Buy yourself some sexy new underwear just for the heck of it. Do not worry about the price; just buy whichever pair you want. Wear them whenever you want to feel sexy.

66

Your mind is an amazing thing. If you send it positive, encouraging statements, it will believe them to be true. Say these positive statements to yourself throughout the day and repeat them often. When your mind hears positive statements on a consistent basis, it will act on it as if it is true. Use the following positive statements throughout the day and see how much better you feel.

I have confidence in myself

I am a valuable person
I am intelligent
I can do anything
I am free to be me
I am strong and healthy
I always treat my body with love and respect
I am filled with energy

67

Write down these one word positive affirmations on three by five cards or post it notes and place them all over the house so that you can see them all through the day. I have included some positive words below, but feel free to come up with your own positive words that fit your goals.

Amazing, assertive, creative, confident, decisive, desirable, effective, excellent, fantastic, functional, gifted, grateful, honorable, imaginative, joyful, leader, lovable, lucrative, magnificent, optimistic, patient, positive, quick, responsible, revitalized, self-assured, strong, terrific, thankful, trustworthy, unique, valiant, visionary, warm, whimsical

68

Listen to hypnosis weight loss audios. Spending just 15 minutes a day with your headphones on and listening to these audio's can be a very effective way to get your overeating under control. I have added some links here to some free audio sources.

[Free Weight Loss Audio](#)
[Guided Visualization for Weight Loss Support Audio](#)

69

Download or listen to positive audios. You can find free audio's online to listen to on subjects like self-esteem, motivation, stress relief and more that will help you get a positive attitude and feel better. Here are some links to some good ones.

[The Positive Approach - 30 Free Lessons](#)
[400 Powerfully Positive Affirmations](#)

70

Start a daily meditation routine.

Meditation is helpful for reducing stress and enables you to clear your mind and focus on all the things that you would like to accomplish in life.

Ask yourself these important questions to find out what you really want from your life.

What do I really enjoy doing?

How important is money to me and my life?

What accomplishments have I made that I am most proud of?

Is my career important to me?

Is my family important to me?

Which is more important, my family or my career?

Put this list in a place where you can see it everyday. Make an effort to figure out the answers. Post them where only you will see them. These are only for you to see and answer to help you decide what is important to you.

Here is a simple meditation routine.

It only takes five or ten minutes a day to start and then you can gradually work up to 20 to 30 minutes. Find a place where you can be away from distractions. Sit in a comfortable chair and relax.

Focus your attention on your breathing. Pay close attention to your breath as it is drawn in, and as it goes out. You may find that many thoughts enter your mind. Do your best to let them go. Return all your thoughts and attention to your breath. Allow yourself to completely relax and focus only on the questions you need to be answered. It is best to focus on just one question each time you meditate.

71

Learn dream interpretation. If you Google "dream interpretation", you can find many free information resources. If you have been wondering what your dreams mean, check it out and learn.

Alone Time (yes you can have fun alone)

Being alone does not mean you have to be lonely. With all the fun and exciting things you can do alone, you can stay happy and content and never feel lonely.

Learn to love yourself and you'll never be lonely again because you'll always be with someone who loves you.

Not until I learn to love myself and bring out my best, can I learn to love others and bring out the best in them. Only when you love yourself can you truly be someone others want to be with and spend time.

Many people get very bored because they are alone most of the time. You may feel that when you are alone, you cannot have any fun. You do not need other people to be with to have a good time. This is simply not true. There are so many things you can do alone whether you are at home, or go out that can be very fun and keep you entertained for hours.

You will be amazed at how much fun you can have doing things alone. Here are some fun and entertaining things to do that do not require company to keep you entertained. You may think some of these things are a little bizarre or off-beat, but just do them anyway. Sometimes you just need to act silly and childish to feel better. Go for it!

72

Women: Create some new ways to apply your makeup. You do not even have to do it seriously. Just go a little wild. You could put makeup on to look like a clown, a goof ball, a hooker or whatever you want. Come up with some new hair styles. Use lots of hair spray and rat your hair and make it stick straight up. Check out ideas online for outrageous hair styles and just have fun. Find some old out of date clothes in your closet and dress up funny. Put flowers and plaid together. It's not like anyone will see you unless you decide you want to show off your new look.

Men: Test out different ways to do your hair. Comb your hair on the other side or parted down the middle. If you do not have any hair try on some funny wigs. Grow a beard or shave it off. Grow side burns or just for the heck of it use an eyebrow pencil and draw sideburns on to see what they would look like. Trim or pluck your eyebrows. Use a moisturizer and see how radiant your skin looks. Find some wacky clothes and put them on to finish your new look.

73

Go to a hat store and try on hats. Do not just try on hats you would normally wear. Try on outrageous and funny hats to give yourself a new perspective of how you could look. Put on some cool sunglasses. You could try on several different pairs of sunglasses to go with your new hats. This can entertain you for hours without spending a dime. Take a friend with you and take photos of each other. Just think what a fun scrapbook this would make.

74

Go through your closet and try on all your clothing. Put together mismatched outfits, put your

shirts on backwards, tie a scarf around your head for a hat and put on mismatched socks and shoes. Then come up with as many different combinations of outfits you can. Next, go through your closet and figure out some real outfits. Put them hanging together in the closet so that when you're in a hurry to get out in the morning, you can just grab a complete outfit.

75

Put all your CD's and DVD's in alphabetical order.

76

Go through the house, get all of your books, and put them in alphabetical order. Pick out two or three books that you have been wanting to read and put them next to a comfortable chair. Now you will have them ready to go each time you sit down so you can read them.

77

Go through your house and count things. Some of the examples include windows, doors, pillows, trinkets, cabinet doors, pairs of shoes, purses, hats, bugs (Oh no, I hope you don't find any) or anything else you can find. Now, simply count them to keep your attention off food.

78

Play solitaire. You can play it the old-fashioned way with a deck of cards or play it on your computer. I personally like playing on my computer the most, but occasionally it is nice to grab a deck of cards and make up different forms of solitaire.

79

Play croquet in your backyard by yourself or with others.

[Here Are the Rules of Croquet](#)

80

Redesign an outfit. You can take old tee shirts, sweaters, or blouses and remake them into a whole new look. Here are some awesome sites showing step-by-step instructions. You'll learn how to change the look of some of your clothes or make them from very inexpensive items. Just think you could make a completely new wardrobe in just a couple of days using old clothes you never wear.

[From Sheet to Chic in 30 min. JCrew Inspired Tank](#)
[Take a Boxy Top and Turn it Into a Foxy Top](#)
[Ruffle T-shirt Refashion Spring Top](#)
[Empire Cut Blouse, T-Shirt Reconstruction with Tutorial](#)
[Tutorial - How to Draft and Sew a Peasant Blouse](#)
[Big Ugly Shirt Refashioned into Maternity](#)

[Lazy Girl's Gathered Top](#)
[Refashion: Turtleneck into a Cute Top](#)
[Here is a Bunch of Cool Things to Make from a Man's Shirt](#)
[DIY Tutorial: T-Shirt Drapierungen](#)

81

Cut off all your kids' long pants that no longer fit or need a restyle and make shorts out of them for the summer. Or make them some pants from a man's shirt.

[Refashion Kids Pants to Shorts](#)
[Kid Pants to Kid Shorts Refashion](#)
[Man's Shirt to Boy's Pants Refashion Tutorial](#)

82

Wash your car and detail it. Think of something new to hang from the rear view mirror. Put in new seat covers. Spray it with air freshener to add a little aromatherapy. Add a steering wheel cover or whatever you can think of to make your car seem new and exciting again.

83

Build or invent something. Begin thinking outside the box and come up with a new idea for doing things. Look around your kitchen at different gadgets or appliances and see if you can think of a way to make a useful kitchen gadget superior to the ones you already have.

If you are good at woodworking, set out to design a new piece of furniture or some kind of useful craft that you can use around the house. Let your imagination go wild. You never know, you may invent the next big thing.

84

Write a fake letter to someone. If you just want to get something off your chest, write a letter to an imaginary person explaining how you are feeling. Tell them every detail of why you feel that way and what they could do to make things better. Really pour your heart out and take out all your frustrations. Sometimes just writing things down in a letter to someone can help you get your problems figured out and help you feel better. It can also help you to come up with a solution by yourself. When you are done, tear it up and throw it away (do not send it).

85

Clean out your inbox. Delete all the junk mail. Setup several folders in different categories and then move e-mails into the new folders. This will make finding e-mails much easier.

86

Venture outside and take a nature walk. Find things that are 10 different colors. Then bring them

inside and make a collage on a poster board. Get creative and make unexpected designs with your found objects.

Here are some ideas that you may want to include . . .

1. Green - grass, leaves, cucumber, apples, moss, clovers, broccoli, spinach
2. Blue - flowers, colors on a can, broken glass, rocks (maybe), a picture of the sky, butterflies, blueberries
3. Red - apples, peppers, flowers, raspberries, strawberries, leaves
4. Yellow - flowers, dandelions, bananas, lemons, sunflowers
5. Pink - flowers, flamingos (Do not take the neighbors flamingo from their yard.)
6. Orange - carrots, oranges, fall leaves, pumpkins, flowers, yams, butterflies
7. Purple - flowers, grapes, leaves
8. Brown - rocks, dirt, leaves, pine cones, acorns, pecans, bird feathers (only if they are on the ground. Don't chase the birds and pluck them), bugs (make sure to put them in a bottle)
9. Black - rocks, bugs (again, make sure to put them in a bottle), some dirt, gravel, pieces of tires, bears (please don't bring them in the house though or attempt to catch one)
10. Grey - rocks, dirt, plants, bricks, cans, twigs
11. White - flowers, bird feathers (Again, only if they are on the ground. Don't chase the birds and pluck them), shells, paper, cotton (if you have any growing near you)

87

Another idea for a nature walk is to go outside and find things starting with the letters A to Z.

Here are some hints and ideas.

- A** - Autumn leaves - apples - ants - acorns
B - bush (don't bring in the whole thing) - branches - bird feathers - bees (okay, maybe not a good idea) - bugs (in a bottle) - brook (okay, I know you can't bring this inside) - butterfly - boulder (if you can lift it and fit it through the door) - beach sand - beetles - berries
C - cabin - can - cardinal (bird feathers on the ground) - clouds (take a picture) - cable - cocoon - cactus - car (take a picture) - cliff (probably not) - caterpillar - chipmunk (take a picture) - cat (take a picture)
D - dirt - desert (take a picture) - dragonfly - dew - deer (take a picture) - dandelion - dog (take a picture)
E - evergreen - elderberry - elephant (you will need a really big door to bring him in)
F - flowers - forest - foliage - frog - fields - fern - feather - fish - flag
G - grass - gravel - grasshopper
H - hill - hippo (again, you'll need a really big door to bring him in) - hole (this could be a challenge to pick up)
I - island (take a picture) - insects (in a jar)
J - jungle - jack-o-lantern - jet (if you can catch it) - jumbo rock (if you can pick it up)
K - king snake (don't attempt to catch it unless it is dead) - kids (but don't take anyone's kids but your own inside) - king crab - kitty cat - kale - kiwi
L - lightning (don't try to catch it) - log (kinda heavy though) - lake (take a picture) - lady bug - lizard
M - mountains (if you can lift them) - mushroom - mud - meadow - moon (see if you can lasso it) - mosquito - marsh - moss - moth

N - nest - nettle - newspaper - nut

O - oil - onion

P - pine tree - puppy - poison ivy (be careful) - pebble

Q - quacking duck - quail - quakie tree - quilt (not too natury huh) - quick (a fast bug)

R - rain - river (take a picture) - rainbow (take a picture) - rock - root - rose

S - sky (take a picture) - snow (just be sure to put it in the freezer fast) - sunshine (take a picture) - stream (take a picture) - sand - seeds - sea (take a picture) - shadow (this may be hard to catch) - smoke (good luck) - stone - stick

T - trees - toad - turtle - thorns - trash

U - universe (yeah right, good luck getting this one inside) - underbrush

V - vine - valley - violet - vacant lot (take a picture) - vampire (just seeing if you are paying attention) - vegetables

W - water - worm - waterfall - wood - watermelon - weeds

X - xerophilous plant - Xanthoceras - Xeranthemum (these are flowers)

Y - yard (take a picture) - yellow - yam - youngster (but don't take anyone's child but your own inside)

Z - zucchini - zinnias - zigzag - zone - zoo animals (take a picture)

88

Buy some bubble gum and practice blowing bubbles. See if you can blow a bubble as big as your head.

89

Find a corner in your backyard that is rarely used and dig a big hole. Fill it with warm water and take a nice mud bath. Mud is great for your skin and its fun to play in too. Just be sure to spray yourself off with the hose before you go back inside.

90

Go to the park, sit on the bench, and watch the opposite sex just for the heck of it.

91

Teach yourself how to change the oil in your car if you have never done it before. Surprise your mate by changing the oil in their car. You will make them so happy and they might even be impressed.

[Here are Step by Step Instructions Complete with Video](#)

92

Take out a notepad and pen and write down all the things that you always wanted to do but have been waiting until your thin. Make it a point to start doing some of these things now.

93

Write down your goals and make them realistic. Do not write down goals that are unlikely to be achieved. Don't say I will lose 20 pounds in the next two weeks. You know this is almost impossible so don't set yourself up for failure. Start out small and say I will lose 3 or 4 pounds a month. By setting up more realistic goals that are easily achieved, you are more likely to achieve them and not get frustrated. Each time you achieve even a small goal, you start to feel better about yourself. This makes it easier to achieve the next one.

94

Take out your dictionary or go online to dictionary.com to find 10 new words to learn each day. By learning the meaning and spelling to new words you can build your vocabulary and become a more interesting person.

95

Do you love quotable quotes? Take a stab at writing some of your very own. Who knows, you might just become famous for your quotes.

96

Think of a new business idea and plan out all the details to get it started. Even if you are not sure you want to start a business, do it just to see if it is possible. Figure out the cost of starting up your business venture. What will you be offering? What do you need to get started? What do you need to learn? Who knows, you may come up with an unbelievable idea that works.

97

Write a list of 100 things you like about yourself. Just start writing down every little thing you can think of that you like. Keep this list handy to read anytime you are feeling unsure of yourself. It will help you feel better and realize you have a lot to offer.

98

Go for a ride on a city bus and do some people watching. Keep a notebook handy to write down any funny or interesting things you see people do. Write about your experiences when you get home. Who knows, you may just come up with a great idea for a novel.

99

Set up a hammock in your backyard and use it. Take a good book with you and just relax and enjoy nature.

100

Did you ever attempt to do a hula-hoop when you were a kid? Learn how to do it and see if you can master it.

[Here is a video to show you how](#)

101

Sit down and make up a list of things to do for the rest of the week. First write down everything you want to get accomplished and then break it down by days. Do your best to stick to doing everything on each days list. If you don't get something done one day, put it on the next days list.

102

Find a good trashy novel to read and kick back in a comfortable chair with some good aromatherapy candles lit and read it.

103

Get creative and write your own erotica. Think about some of the most erotic times you have in your life and then write about it using imaginary characters. You may just write the next best seller.

104

Write a list of all the things you are thankful for. Think happy thoughts to brighten your day. Here are some things to be happy about.

- * People that love you
- * Food and shelter
- * The warm sun on your back
- * A child's laughter
- * A toothless smile from a baby
- * Fresh flowers from your garden
- * Time to read and relax
- * Air conditioning on a hot day
- * A warm fire on a cold day
- * A crisp apple
- * Hugs and kisses
- * A day off work without any errands or housework to be done

Take time today to be thankful for all you have in your life. Write down everything you can think of that you can be thankful for having. Do you have a roof over your head, electricity, food in the cupboard, money to pay your bills? Write it all down. You will be surprised how long the list really is. Keep your list to refer to whenever you are feeling down or like you are not getting a fair chance in life.

This list will help you see all the positive things that many people do not have that you have and enjoy every day. When you realize just how much you have to be thankful for, your whole life becomes better. This will make your outlook on life brighter and full of hope for the future.

I put together some videos a few years ago with "132 Things to be Thankful for in Your Life." The links at the end are not active anymore but you can see all three videos here.

[132 Things to Be Thankful For and Show Gratitude - Part 1](#)

[132 Things to Be Thankful For and Show Gratitude - Part 2](#)

[132 Things to Be Thankful For and Show Gratitude - Part 3](#)

105

Take a defensive driving course. It does not matter whether or not you are required to do it, just do it for your own security. It never hurts to learn how to stay safe while driving. If one of your biggest fears of driving is all the crazy people on the road, then a defensive driving course can give you peace of mind.

106

Learn how to manifest dreams. Whatever you dream of can become a reality. You can learn how to turn your dreams into actual occurrences. There are many helpful courses online to explain how to manifest dreams. Find one today and start making your dreams become a reality. Here are some links to free audios on manifesting dreams.

[Applying the Law of Attraction and the Universal](#)

[Principles to Manifest Prosperity and Abundance](#)

[The Secret Key to Manifestation with the Law of Attraction](#)

107

Put together a wish list of all the places in the world that you want to travel. Go online, find out information about each location, and put together a folder in your favorites for each one. Every time you find out more information about each location, add it to your folder. Once you are ready to make your dream come true and travel to one of the places on your list, you will have all the information together in one place. Start dreaming now about all the places you want to travel and before you know it, your travel dreams just might come true.

108

Make a list of all your favorite films. Next, put them in order from your most favorite to your least favorite. Set out to rent or purchase at least one of them each week and take time to enjoy the movies.

109

Turn the TV on the cartoon channel and mute it and make up your own voice over's. This can be done alone or with a group of people. If you do it in a group, assign each person a character for them to do the voice over's. This is fun alone time entertainment or is super fun with a group of friends at a party.

110

Sit down and write a list of the top 100 books you would like to read. Next, put them in order of which ones you want to read first to last. Now, take out or buy the first one and start reading it if you haven't already.

111

Read *The Power of Concentration* by Theron Q. Dumont. You will learn techniques to help you achieve the things you desire from life. You can get a free copy here and it is also available in audio so you can listen to at your own convenience any time.

[Download the Audio Free](#)

[Download the eBook Free](#)

112

Do you have trouble typing? Turn off the lights and practice typing in the dark. See how many mistakes you make. This is a great way to learn the keyboard and make you feel more confident when typing. Many people use the hunt and peck method even after they have learned to type without looking because they don't have the confidence to do it without sneaking a peek. Just turn off the lights and give it a go.

113

Make a rubber band ball in play with it.

[Step-by-Step Instructions. Complete with Video](#)

114

Write a sexy exciting message in a bottle and throw it in the lake or ocean. If you want to make it look old, put a piece of paper into a bowl of tea. Take it out and lay it flat to dry. This will make the paper looked aged so people will think it's an old letter. You never know who might find it and think it is a real letter.

115

Go to yard sales or a thrift store and buy yourself lots of really fun toys to take home and play with. See if you can find toys you had as a child. This could bring back some good memories and you will have fun playing with them. Who says just because you are an adult you cannot play with toys?

116

See how long you can hop on each leg. This is a great way to burn calories and learn balance. In addition, it is also kind of fun.

117

Do you have a swivel chair at your desk? Sit on it and see how many times you can swivel in each direction before you get too dizzy to walk. Bonus: it also saves money on alcohol since it makes you feel drunk. Just kidding!

118

Sit down in a comfortable chair, turn off your phone, lock the door, light some aromatherapy candles and enjoy an uninterrupted delicious cup of coffee.

119

Give yourself a personal challenge. An example could be, maybe you purchased a small bookshelf and had full intentions of painting it to add to your office. Make it a personal challenge to finally get it out and paint it today. If you are not very motivated, aim to at least get it sanded today so it's ready to paint. The next day, you could wipe it off and put on the primer coat. The next day you put on the final coat and before you know it, your shelf is ready to put in your office. By achieving a small challenge you'll feel more confidence that you can accomplish even greater achievements.

120

Take one of your child's favorite storybooks and make them a story tape. Take a blank tape and a recorder and read the story aloud into the microphone. Now whenever your child is bored, they can listen to the book while looking at it. This is very enjoyable to your child as they listen to their parent's voice while going through their storybooks. Your kids will appreciate you for making these special stories for them. If you feel really ambitious, make a tape for each one of your child's favorite books.

121

Buy several dozen candles from the dollar store. You can usually get them for around three for a dollar. Spell out relax with them on a fireproof surface and then light them all. Now sit down and watch them as you say relax repeatedly to yourself. This is an effective way to reduce stress. Make sure to buy a wonderful scent that you love or if you want to mix aromas, then make sure they are compatible. Example; if you have vanilla, then you will want to include scents like cinnamon, chocolate, cookie dough etc.. If you have floral scents, then you will want to include other floral scents that are complimentary.

122

Conquer a fear. If you are afraid to go out to dinner alone, take it upon yourself to get dressed up and go out to a restaurant by yourself. Take a nice book to read and sit at the table by

yourself and enjoy your meal. Once you have done this, you'll realize that it's really not as scary as you thought. Choose at least one fear to conquer each week and before you know it, you will feel more confident and realize that most of your fears were not as scary as you thought.

123

If you live near a lake, go sit by the lake and watch the boats. Imagine you are on the boat and enjoying yourself. Lean back and imagine the water spraying on your face. Take a few deep breaths and imagine feeling the wind blowing on your face as the boat glides across the water. Stay a while and just enjoy the quiet time.

124

Go visit the nearest hospital and check out the babies in the maternity unit. All you need to do is find out the visiting hours, walk in, and look through the window at the precious new lives. There is just something about looking at those sweet little babies that gives you a new perspective on your life.

125

See if you can accomplish something by using aromatherapy. Find some irresistible candles with scents that make you feel recharged. Light the candles and do a project you have been avoiding. See if the aroma stimulates your mind to get it done.

126

Are you interested in acting? Take the initiative to check out your local theaters and see if they offer any classes. It could be beneficial to spend some time honing your acting skills. Even if you don't want to become an actor, it can be a lot of fun to pretend to be somebody else for a while.

127

Get out of the house and attempt to meet at least one new person and befriend them. Smile and say hi and start up a conversation and see how they respond. This is a great way to build confidence.

128

Do you have a problem with parallel parking? Remember learning how to parallel park to get your driver's license? It is amazing how many people forget how to do it because they never do it. Do you avoid places you cannot park unless you can parallel park? Decide now to take some time to practice parallel parking. Find an empty parking lot, set up some cones and go for it.

Here is a video with [Step-by-Step Instructions for Parallel Parking](#)

129

Learn how to pick fresh produce. Biting into a crisp juicy apple is delicious. The problem is many times you get home and bite into it and it's soggy and dry. With the high cost of produce, wouldn't it be nice to know how to choose the best? Learn how to bring home produce that tastes delicious. Check out these videos to learn how to select the best produce.

[How to Pick Fresh Produce 27 Video Series](#)

130

Practice your multiplication tables. Do you ever have a hard time remembering your multiplication? Well, here is a table that will help you to practice until you know them all by heart. Even if you're good with your multiplication, it can be helpful to go through and play a multiplication game.

Multiplication Table

x	0	1	2	3	4	5	6	7	8	9	10	11	12
0	0	0	0	0	0	0	0	0	0	0	0	0	0
1	0	1	2	3	4	5	6	7	8	9	10	11	12
2	0	2	4	6	8	10	12	14	16	18	20	22	24
3	0	3	6	9	12	15	18	21	24	27	30	33	36
4	0	4	8	12	16	20	24	28	32	36	40	44	48
5	0	5	10	15	20	25	30	35	40	45	50	55	60
6	0	6	12	18	24	30	36	42	48	54	60	66	72
7	0	7	14	21	28	35	42	49	56	63	70	77	84
8	0	8	16	24	32	40	48	56	64	72	80	88	96
9	0	9	18	27	36	45	54	63	72	81	90	99	108
10	0	10	20	30	40	50	60	70	80	90	100	110	120
11	0	11	22	33	44	55	66	77	88	99	110	121	132
12	0	12	24	36	48	60	72	84	96	108	120	132	144

131

Learn how to remember names. How many times have you met someone and then the next time you see them, you cannot for the life of you remember their name? Wouldn't you love to learn how to remember names? Here are some tips to help you remember.

As soon as you meet someone, repeat their name to yourself several times. Do this again in a few minutes.

If they have an uncommon name, ask them how to spell it. Get a business card if you can and write down some memorable features about them on the back.

Picture their face and write their name down a few times. Sometimes writing things down helps you remember them better.

Think of a common word that you can connect to their name. If their name is Samuel think of a manual.

Ask them about their business or hobbies and connect their name to them.

People really appreciate it when you remember their names. You make them feel significant to you. They are then more likely to respond with friendship when you take the time to recognize them.

132

Check out your local area to see if they have any public gardens. This is a pressure free way to spend an afternoon relaxing and walking through the inspirational scenery. Take some pictures to add to your desktop for inspiration when you are feeling down.

133

Go out in your yard, lie down on a blanket in the grass and find pictures in the clouds. See how many different pictures you can find.

134

Spend some quiet time just for you. Go to your local bookstore or library and read. Just walk up and down all the aisles until you find something that looks interesting. Find a comfortable chair to sit in and read for a while.



Tracie Johansen is best known for writing articles and newsletters for Internet marketers. She spent several years writing private label and custom ecourses and newsletters to help others build your email lists. After years off writing content for other people, she decided that writing a book to help motivate people and help them learn to have fun again was her true passion. After years of being extremely overweight and knowing she did not want or desire to go on a diet, she realized that just keeping busy and doing things that were enjoyable was the best way to lose weight.

In under two years she lost 65 pounds without going on a diet or sticking to any exercise program. By just keeping busy with fun and useful activities she was able to consistently drop weight. She still has a few pounds to lose, but there are still lots of activities in the book to keep her busy.

So after almost two years, “1001 Ways to Stop Overeating, End Boredom and Just Have Fun” is ready to for your enjoyment. I hope you find helpful in your everyday life and have lots of fun reading it and doing the activities.

Thank you so much for checking out the sample of my book. Could you please take a minute and leave feedback. [Please Leave Your Feedback on my Facebook Page.](#)



Have Fun,
Tracie Johansen