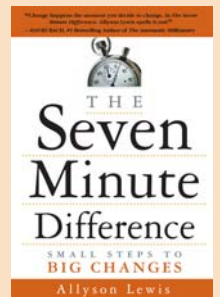


100 "Seven Minute" Ideas for Home

- o Clean out your car so it is tidy
- o Complete 10 push ups, 10 sit ups, and 10 jumping jacks
- o Turn to your spouse at bed time, and share the 3 things you are most grateful for him/her from that day of being together
- o Schedule your next three hair cut appointments so you can stop having to think about them
- o Clip an article or forward an online article to a friend or family member
- o Start a file of "Remove Me" catalogs and mailers and call the organizations asking to be removed from their lists
- o Organize a weekly "job list" for your kids on a magnet board or dry-erase board
- o Throw away old, non-working pens, markers, and pencils
- o Sharpen your favorite pair of utility scissors or kitchen knife
- o Test each of your smoke detectors and CO detectors
- o Dust the pictures and artwork in every room of your home with a feather duster
- o Organize your CDs and put discs back in their jewel cases. Consider donating to your local library if you never listen to them anymore.
- o Open a savings account with an online bank for better interest rates and "out of reach" savings
- o Check with your cell phone provider to see if a better, less expensive plan has come available
- o Find a seamstress to hem those pants, sew those buttons and fix those holes
- o Pack tomorrow's lunch
- o Shine your shoes
- o Clip and file your nails
- o Clean out your food pantry and give away food that your family will not eat
- o On your next trip to the grocery store, buy extra items to give to the needy
- o Fill your refrigerator with bottled water or a pitcher of water so it is easily accessible
- o Clean out your junk drawer
- o Get comfortable, close your eyes and "paint your canvas"
- o Make your annual IRA contribution
- o Call a friend to catch up
- o Invite a neighbor over for dinner
- o Brush your pet's hair
- o Order a tourism guide for your state
- o Schedule your year-end review with your CPA and Financial Advisor
- o Print a daily progress report from our website and photocopy it for your files
- o Pack up magazines and give them to a nursing home/woman's shelter
- o Place a state map in your car
- o Order your credit report
- o Backup your internet bookmarks on your computer
- o Sign up for the Do Not Call list at www.donotcall.gov
- o Water your plants and flowers
- o Gather your loose change and give it to a child for his/her piggy bank
- o Replace any burned out light bulbs in your home
- o Drink a glass of water
- o Create a recycle bin
- o Clean your ceiling fans
- o Cancel and destroy any unnecessary credit cards
- o Schedule a vet visit for your pets
- o Donate blood
- o Learn to use a fire extinguisher
- o Remove any extra keys from your key ring
- o Remove extra credit cards/paper from your purse/wallet
- o Buy a Magic Eraser and clean up scuffs on floors, doors and walls
- o Dream about your future
- o Setup paychecks for direct deposit
- o Videotape your home contents for insurance reasons
- o Join your alma mater's alumni group so you can stay involved
- o Buy tickets to the local university theater/athletic events
- o Schedule a regular backup of your home computer
- o Photocopy (front and back) all credit cards you carry for security reasons
- o Clean out your purse/wallet
- o Schedule your annual physical
- o Buy birthday/anniversary/all occasion cards for the year
- o Stock up on gifts for upcoming kids' birthday parties
- o Create a "tax file" that is easily accessible so you can stash those receipts throughout the year
- o Clean out your fridge
- o Wipe out the microwave
- o Ask about your kids' friends
- o Plan your Christmas list
- o Schedule to have your carpets professionally cleaned
- o Dust your plants
- o Place recent photos around your home
- o Write a menu for the week
- o Drive through the car wash
- o Clean your jewelry
- o Apply for a library card
- o Update contact info in your cell phone
- o Pick out your work clothes and iron them before you go to bed
- o Tell your spouse how to read your 401(k) documents, life insurance and disability insurance policies
- o Plan the big activities you want to accomplish today / this month / this week / this year
- o Eat a piece of fruit
- o Give away clothes you haven't worn in a year
- o Tell your spouse you love him/her and why
- o Place in a donation box any items or clothes you have not used in a year
- o Condense your medicine cabinets
- o Change something in your favorite room to make it "new" - add a flower arrangement or rearrange the room
- o Prioritize the most accessible drawers for the most used items like socks/undergarments
- o Buy extra toner for your home printer/fax machine so you are not caught without it
- o Open a personal account with your favorite express delivery service over the web so you will have an on-hand supply of labels and envelopes
- o Synchronize your clocks so that everyone is on the same timeline
- o Buy/fill a bird feeder for your backyard
- o Buy a moleskin notebook for your purse/car for notes
- o Take a family picture
- o Make a list of things to do tomorrow
- o Download and use the grocery list from our resource page at our website
- o Clean up your makeup or dop kit for your every day use.
- o Use glass cleaner on the mirror in your bathroom
- o Give away any coffee mugs that you don't use
- o Give any books you no longer need to the public library
- o Schedule a time to volunteer for one of your favorite charities
- o Set the kitchen timer and have the whole family "pick up" the house as fast as they can
- o Pray
- o Write your top 5 immediate goals and post them on your bathroom mirror so you can review them each day
- o Rest and rejuvenate
- o Tell a friend about **The Seven Minute Difference**

For more information on how "Seven Minute" Ideas can make a real difference in your life, read **The Seven Minute Difference: Small Steps to Big Changes**, available in bookstores or online at www.TheSevenMinuteDifference.com.



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