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| Digital Download |  | **Developmental**  **Micro-Doses** |  |  |  |

**Blog Episode:** [When 1% is Too Much](https://www.lifedesigncenter.com/blog/Onepercent)

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| **Life Design Area** | **Sample Microdoses** |
| Health | Exercise  Make a healthy eating choice for a full meal  Go to bed an hour early  Park in the spot farthest away from the mall door  Walk instead of driving |
| Work | Make a phone call instead of sending an email  Do a task you’ve been avoiding before one that feels easy  Tell one of your employees you really value their contribution  Get through an entire meeting without being distracted  Do something the right way instead of the easy way |
| Finances | Meet with a financial advisor  Establish an entertainment budget  Avoid one impulse buy  Delay a major purchase by 30 days  Stick with your current iPhone for 6 months |
| Relationships | Have one deep conversation with your partner  Call a friend you have not spoken to in years  Apologize to someone  Spend an hour with your kid when you don’t have time  Go to a meetup group |
| Growth & Development | Read a book for 20 minutes  Meditate  Watch a TED talk on youtube  Journal  Put a wadded-up napkin in your pocket |
| Fun | Skip to and from your car  Tell a joke  Smile at a stranger.  Or a baby.  Or a dog.  Or a tree.  Play a game instead of watching TV (Unless it’s Property Brothers)  Date night |
| Spirituality | Morning gratitude practice  Prayer, meditation, deep reflection  Go for a walk in nature  Pick up a piece of garbage off the street  Volunteer |