Live a healthy life

- Physical
  - Exercise
    - Yoga
    - Jogging
    - Going to gyms
    - Sports
- Nourishment
- Emotional
  - Education
  - Writing Journals
  - Forgive someone
  - Talk to a friend
  - Positive attitude
- Mental
  - Creating
  - Reading
  - Good self-esteem
  - Learing a new skill
- Spiritual
  - Meditating
  - Reading uplifting words
  - Listening to uplifting music
  - Praying each day