



Here are some ideas to get you started on your “12 in 12”.

### Health & Wellness

- Eat more fruit and vegetables
- Attend a health fair
- Get regular medical, dental and vision checkups
- Eat whole, unprocessed foods
- Join a faith community
- Get enough sleep
- Meditate regularly
- Take the stairs
- Drink more water
- Take vitamins
- Train for a running event
- Eat less sugar and salt
- Schedule regular exercise
- Update your vaccinations
- Laugh more
- Take prescribed medications as directed
- Pursue your educational goals
- Create a home emergency plan and a first aid kit
- Take First Aid/CPR
- Use sunscreen
- Be more positive

### Community

- Recycle at home
- Volunteer
- Print less - save trees
- Participate in a charity event
- Plant trees
- Get involved in a community clean-up project
- Get involved in Earth Day
- Conserve electricity
- Donate unused items
- Support small business
- Be a mentor
- Drive the speed limit

### Financial Health

- Pay off your debts
- Prepare or update your will
- Save for retirement
- Budget your finances
- Avoid bank service fees
- Keep an emergency fund
- Shop wisely
- Work toward owning - not renting
- Organise your finances
- Learn basic home repair
- Seek additional sources of income
- Save for your children's college education
- Designate your life insurance beneficiaries