FREE ADVICE, ONE STRIP AT A TIME

Take a list item. Leave a better day.



Each tab below is one item from *My Life in Lists of 30* and *Our Life in Lists of 30*, two books of life told in lists of 30. Tear one off. Do it today.

1 Tear a tab 2 Do the thing 3 Write your own list of 30

Free list prompts & a 30-day email course

book.listsof30.com

Sheet A of 2

Give more hugs.	Taste it before you serve it.	Pack light.	Smile :)	Ask questions.	Be dependable.	Learn to draw.	Keep a diary.	Volunteer.	Write a poem.	Hug a stuffed animal.	Travel with awesome people.	Find and befriend a mentor.	Baseline your expectations.	Lead by example.
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Sheet B of 2

A random high five. book.listsof30.com

A message from an old friend. book.listsof30.com

Meditate daily. book.listsof30.com

Make eye contact. book.listsof30.com

Listen to the person. book.listsof30.com

Be interested and you will be interesting. book.listsof30.com

Tell them they're awesome. book.listsof30.com

Send people postcards. book.listsof30.com

Ask your parents about old stories. book.listsof30.com

Sing, even if you're tone deaf. book.listsof30.com

Keep an open mind. book.listsof30.com

Learn a second language. book.listsof30.com

Look through old photos. book.listsof30.com

Catch up with someone you lost contact with. book.listsof30.com

Love is real. book.listsof30.com