

**Minute 1**

Ameliorate your parlance

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**Minute 2**

Learn a foreign language

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**Minute 3**

Learn an instrument  
(or hobby)

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**Minute 4**

Learn a book

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**Minute 5**

Learn a new game

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**Minute 6**

Review basic arithmetic

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**Minute 7**

Do math in your head

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**Minute 8**

Convert the temperature

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**Minute 9**

Memorize a quote

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**Minute 10**

Memorize a list

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**Minute 11**

Learn a new random fact

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**Minute 12**

Read aloud

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**Minute 13**

Read upside down

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**Minute 14**

Read in a mirror

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**Minute 15**

Write weird

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**Minute 16**

Say the alphabet backward

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**Minute 17**

Think in a  
foreign language

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**Minute 18**

Write a haiku

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**Minute 19**

Solve a riddle

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**Minute 20**

Work on a puzzle game

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**Minute 21**

Do a brainteaser

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**Minute 22**

Play with a puzzle cube

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**Minute 23**

Do a puzzle

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**Minute 24**

Play memory

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**Minute 25**

Play recall

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**Minute 26**

Look upside down

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**Minute 27**

Rearrange an area

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**Minute 28**

Do it in the dark

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**Minute 29**

Walk backward

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**Minute 30**

Use your non-dominant  
hand

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**Minute 31**

Recipe recall

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**Minute 32**

Clap a new word

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**Minute 33**

One minute tallies

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**Minute 34**

Spell backward

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**Minute 35**

Name game

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**Minute 36**

Coin counting

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**Minute 37**

N-backs

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**Minute 38**

Tangrams

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**Minute 39**

Consider a counterargument

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**Minute 40**

A cup of green tea

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**Minute 41**

Nuts on the brain

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**Minute 42**

A berry happy brain

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**Minute 43**

Chocolate dreams

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**Minute 44**

Massage your brain

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**Minute 45**

Take the stairs

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**Minute 46**

Park faraway

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**Minute 47**

Pace on the phone

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**Minute 48**

Nibble on a healthy snack

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**Minute 49**

Drink a glass of water

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**Minute 50**

Side leg raises

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**Minute 51**

Toe kicks

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**Minute 52**

(Reverse) Crunches

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**Minute 53**

Bicycle kicks

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**Minute 54**

Jumping Jacks

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**Minute 55**

Plank

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**Minute 56**

Side plank hip drop

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**Minute 57**

Flutter kicks

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**Minute 58**

Mountain climbers

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**Minute 59**

Squats

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**Minute 60**

Lunges

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**Minute 61**

Calf raises

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**Minute 62**

High knees

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**Minute 63**

Chair tricep dips

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**Minute 64**

Push ups

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**Minute 65**

Wall sit

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**Minute 66**

Walking lap

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**Minute 67**

Jog in place

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**Minute 68**

Hula hoop

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**Minute 69**

Ménage à trois

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**Minute 70**

Neck and shoulders

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<b>Minute 71</b>  Arm stretch  <a href="http://LivingMinutes.com">LivingMinutes.com</a>	<b>Minute 72</b>  Bridge stretch  <a href="http://LivingMinutes.com">LivingMinutes.com</a>
<b>Minute 73</b>  Stand and stretch  <a href="http://LivingMinutes.com">LivingMinutes.com</a>	<b>Minute 74</b>  Yoga Standing Side Bend  <a href="http://LivingMinutes.com">LivingMinutes.com</a>
<b>Minute 75</b>  Yoga Standing Forward Pull  <a href="http://LivingMinutes.com">LivingMinutes.com</a>	<b>Minute 76</b>  Yoga Downward Dog  <a href="http://LivingMinutes.com">LivingMinutes.com</a>
<b>Minute 77</b>  Yoga Cobra  <a href="http://LivingMinutes.com">LivingMinutes.com</a>	<b>Minute 78</b>  Yoga Seated Forward Fold  <a href="http://LivingMinutes.com">LivingMinutes.com</a>
<b>Minute 79</b>  Yoga Child's Pose  <a href="http://LivingMinutes.com">LivingMinutes.com</a>	<b>Minute 80</b>  Gratitude  <a href="http://LivingMinutes.com">LivingMinutes.com</a>

**Minute 81**

Rock around the house

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**Minute 82**

Daydream

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**Minute 83**

Breathe

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**Minute 84**

Ujjayi breathing

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**Minute 85**

Meditate

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**Minute 86**

Say a prayer

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**Minute 87**

Smile

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**Minute 88**

Laugh

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**Minute 89**

Pressure points

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**Minute 90**

Give a compliment

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**Minute 91**

Compliment yourself

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**Minute 92**

Fresh air

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**Minute 93**

Star gaze

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**Minute 94**

Play

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**Minute 95**

Dance a little dance

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**Minute 96**

Find hidden beauty

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**Minute 97**

Send a card

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**Minute 98**

Buy flowers

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**Minute 99**

Be mindful

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**Minute 100**

Connect to a sense

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**Minute 101**

Get inspired

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**Minute 102**

Be in awe

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**Minute 103**

Ponder death

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**Minute 104**

How do you feel?

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**Minute 105**

One-minute journaling

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**Minute 106**

Scrape your tongue

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**Minute 107**

Floss your teeth

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**Minute 108**

One-minute chore

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**Minute 109**

Balance your checkbook

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**Minute 110**

Clean out car's cubbyholes

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<b>Minute 111</b>  Make the bed  <small>LivingMinutes.com</small>	<b>Minute 112</b>  Make a to do list  <small>LivingMinutes.com</small>
<b>Minute 113</b>  Delete emails  <small>LivingMinutes.com</small>	<b>Minute 114</b>  Delete photos  <small>LivingMinutes.com</small>
<b>Minute 115</b>  Tidy up  <small>LivingMinutes.com</small>	<b>Minute 116</b>  The junk drawer  <small>LivingMinutes.com</small>
<b>Minute 117</b>  Dirty glasses  <small>LivingMinutes.com</small>	<b>Minute 118</b>  Back it up  <small>LivingMinutes.com</small>
<b>Minute 119</b>  Grocery list  <small>LivingMinutes.com</small>	<b>Minute 120</b>  Clean out wallet/purse  <small>LivingMinutes.com</small>

**Minute 121**

Cash in coins

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**Minute 122**

Friend a stranger

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**Minute 123**

Silence

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**Minute 124**

Change your perspective

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**Minute 125**

Make your own Minute

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**Minute 126**

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**Minute 127**

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**Minute 128**

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**Minute 129**

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**Minute 130**

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