**WAKING UP EARLIER THAN YOU HAVE TO**

get out of bed before 6 a.m.

## ACTUALLY CARING ABOUT WHAT YOU EAT

your thirties are a time to create, and sustain, healthy patterns you’ll carry throughout adulthood.

## MAKING MARGIN IN YOUR LIFE

to read, volunteer, pray, travel or just do the things you want to do—is easy to neglect with the stresses that come along with being a thirtysomething.

## CREATING A PATTERN OF GIVING IN YOUR FINANCES

## BECOMING FRIENDS WITH PEOPLE MUCH OLDER THAN YOU