1. solve where others complain;
2. volunteer when others look down;
3. be principled and yet flexible;
4. never give up;
5. have a plan;
6. write every day;
7. stay courteous in all circumstances;
8. appreciate that which is easily taken for granted;
9. see tough times as testing-your-resilience-and-systems;
10. get up in the dark and drive to that sales call and win it and drive home in time for children’s bath-time;
11. make time for what is important: family, health and plans;
12. be there: whatever;
13. know your (nine years old) son’s timetable;
14. support your (twelve years old) daughter’s real career ambitions;
15. read more Shakespeare and marvel at the language one more time;
16. laugh at yourself;
17. Freedom lies in being bold. Robert Frost;
18. go when others stall;
19. simply know what others cannot even imagine;
20. simply help for no reason at all;
21. eat wondrous, soul-enhancing, ‘sattvic’, good fresh food every meal, every day;
22. wonder when others are so sure;
23. wander where others have never ventured;
24. start when others are still debating;
25. dawdle where others are rushing;
26. hold her hand. And she hold yours;
27. know that you can solve it: it is merely a matter of time;
28. never be bored;
29. find the intrinsic worth in anything you do;
30. write and fill the notebooks you kept for something special;
31. switch everything off as you sit down to eat. And eat by candles;
32. get the meeting back on track;
33. encourage;
34. read even more books;
35. appreciate freedoms;
36. insist on not losing your freedoms in the name of control;
37. seek education not just knowledge;
38. seek wisdom not just the passing of time;
39. play rock ‘n roll loudly;
40. In the early days, we just wore black onstage. Very bold, my dear. Then we introduced white, for variety, and it simply grew and grew. Freddie Mercury;
41. get exercise in a society which takes exercise away;
42. find the facts in a society which drowns in opinions;
43. take ownership in a culture which generates excuses;
44. take time for civilisation in a civilisation which has no time to be curious;
45. wander bare foot on the beach;
46. do a road-trip despite a very busy autumn/fall schedule;
47. ask her to a movie;
48. Avoiding danger is no safer in the long run than outright exposure. The fearful are caught as often as the bold. Helen Keller

49. squeeze out one more pull up when the body knows it can but the mind screams give up;

50. do not resent different views but use them to augment your own;

51. be on a quest for what really matters in a world of electrons, elections, entropy, cables, screens and gum wrappers;

52. seek feedback;

53. and act upon it;

54. expose one’s deepest worries to paper;

55. colour outside the lines;

56. fight for clarity of thinking;

57. and depth of expression;

58. learn a Greek word or two;

59. admit to mistakes;

60. start again;

61. listen to different music;

62. cook more;

63. study that full moon;

64. get back to the desert;

65. do more mental arithmetic

66. imagine thinking like T E Lawrence

67. imagine thinking like Jane Austin

68. imagine being a Founding Father

69. re-realise the enormity of it all and sit down as one’s head begins to spin;

70. look at that Periodic Table in a different way from school: see a thing of beauty, organisation and sheer undiluted genius;

71. listen to more Opera, more often, even though it often makes you cry;

72. allow yourself to cry;

73. He was a bold man that first eat an oyster. Jonathan Swift

74. simply stride out and walk there;

75. start drawing;

76. write a book;

77. do it with passion;

78. remember what is important;

79. be different;

80. be very different;

81. get very, very good at something;

82. There’s nothing more intoxicating than doing big, bold things. Jason Kilar

83. never give discount;

84. give up PowerPoint for ever;

85. re-discover the joy of sharpened HB pencils on paper;

86. simplify your Life beyond your wildest dreams;

87. let it go, finally, once and for all;

88. in the fullness of time and all things considered: give up using cliches;

89. or even TLAs;

90. but: do count your chickens. Regularly;

91. walk tall, yet have humility;

92. lead, yet listen;

93. notice the seasons in the weather;

94. and in the ebb and flow of your Life;

95. understand all contexts of wealth;

96. connect with them, whether child, barista or CEO;

97. work hard to make the world a better place;

98. be bold;

99. really BOLD;

100. so BOLD;

101. you finally are alive.