1. **Tell stories** that fire the imagination.
2. **Cook meals** that taste good, are nutritious and use local ingredients.
3. **Really notice** the weather and predict what’s coming next: rain or shine or snow.
4. **Sleep** easily; arise early.
5. “Warning; before beginning a program of physical inactivity, consult your doctor. Sedentary living is abnormal and dangerous to your health”. Frank Forencich
6. **Throw** high, throw long, throw accurate.
7. **Develop** language and **brachiate** more.
8. **Use eyes** for distances beyond the screen: look long, look up.
9. **Experience** cold and rain and wind and re-appreciate warmth.
10. **Pace** the seasons.
11. **Remember what’s important**.
12. **Re-discover** fresh herbs.
13. **Notice**, observe and sense more.
14. **Stare** at night skies unpolluted by light.
15. **Move**: walk, jump, climb, run, squat.
16. **Observe**: animals, birds, insects...
17. **Establish rituals**: writing, building & crafting, reflecting.
18. **Swim**: dive, float, swim a little underwater. Try open water.
19. **Spend time with the tribe**: love, frustrations, hugs, laughs and sheer craziness. Plan for winter. Stack logs, of course. Oh, stew the autumn fruit too.
20. **Practise walking along a 3 by 4 beam**. One inch above the ground. One foot above the ground. One yard above the ground. Don’t fall off.
21. **No** elevators. **No** escalators. **No** PPT. **No Facebook after the sun sets**.
22. **Play ball**.
23. **Sleep outside** sometimes. Especially with 1, above.
25. **Keep the cave tidy**: At all times.
26. **Be self-reliant**: learn how it works, from pensions to mowers.
27. **Believe in magic**.
28. **Respect** Planet Earth and allow it to breathe.
29. **Explore** new lands and walk their shores.
30. **Eat** some fruit, nuts and seeds.
31. **Spend more days** without concrete, plastic and wi-fi.
32. **Draw**. On your very own cave walls.
33. **Allow a little dirt**.
34. **Less** gym desperation, more move with life.
35. **Walk barefoot**, in the cave and then on increasingly demanding terrains.
36. **Read and share** the great sagas. Start with Homer. “The difficulty is not so great to die for a friend but to find a friend worth dying for.”

37. **Live light. Travel lighter. Meditate lightest.**

38. **Get thirsty.** Drink deep and long.

39. **Use peripheral vision.**

40. “...to construct a narrative one must already live in the world, one must already dwell in the world and, in the dwelling, enter into relationships with its constituent parts, both human and non-human.”
   Tim Ingold

41. Get strong.

42. **Sweat** while pacing through the woods and alongside the lakes.

43. **Walk tall; sit tall; listen deep.**

44. **Scan** the horizon.

45. **Evolve**, change and learn from the masters.

46. **Value** wisdom over stuff, stillness over babble, investment over the quick-fix.

47. “Today our minds are almost entirely free to choose whatever sensory experience we can imagine; we can and do innovate to heart’s content. But the price we pay is excruciating... living apart from habitat will never be a path to health, performance or spiritual happiness. We need our habitat to make us whole.”
   Frank Forencich.

48. **Develop mastery.**

49. **Build and leave a legacy.**

50. **Never let the fire go out.**