

Monday

- Do 20 minutes of yoga or mobility.
- Explore your local nature.

What is the shape of your happiness?

Tuesday

- Start reading a new book.
- Eat your rainbow and exclude refined sugars.

With whom do you find the comfort of embracing and moving forwards?

Wednesday

- Learn a new skill.
- Do 20 minutes of stretching and mobility.

What is the question you would never like to be asked?

Thursday

- Complete a random act of kindness.
- No car day

In your heart what are you most grateful for and what do you feel is missed?

Friday

- Compliment 3 strangers
- Drink 2 litres of water

With what or whom have you gained a new meaning or connection?

Saturday

- Write 10 things you like about yourself.
- Dance and sing like no-one is watching.

Why do you think you will find it?

Sunday

- Do not use screens (at least at mealtimes)
- Invite your friends over for a sporting activity.

Where do you sit in life and feel most at peace?

Additional ideas

1. Visit your local sports centre or club
2. Donate something you no longer use to charity
3. Sleep 8 hours
4. Spend 30 minutes drawing, building or being creative
5. Plan an upcoming social activity
6. Have a meaningful conversation with friends
7. Clean up your street

