

# Things I love to do each week

Get ready in your own time and I love lazy mornings at the weekends



I Love Listening to a audible now at bedtime



Building my steps each week and do short to long walks, but at my own pace



Playing and watching sports with my son



**So why not use this to write down what you like to do each week that brings you joy or would like to do and go through your schedule to plan when to do those things that will make you happy and enjoy life.**