

What to do indoors on your own and if you have kids

Re-organize your planner in physical planner or digital set your goals for the winter



Catch up on housework with some tunes playing or listen to an audio book



Have a nice cozy warm lunch in silence or read a magazine whilst having lunch



When the children come home from school have a night in watching TV after a lovely family meal



Do a home workout on Youtube and have a friend to join you

