

Do Ten Things

1. **Get up half an hour before your alarm.** Tip from Mel Robbins
2. **Do a mind map to help you take steps on a project you want to work on.** Something I got an idea to do when watching people giving tips on studying. Rather than writing a load of notes, draw a visual map and I find this helps me to visualise the steps I want to take. Like order of books I want to work on, my content, like blog sites I want to work on and build on first
3. **Brainstorm.** This goes along with the Mind Map and creating ideas.
4. **Create a playlist on Youtube.** great to play when cleaning, cooking or on my laptop
5. **Do an act of kindness.** Tony Robbins donates money to help feed families in America and I donate monthly to Trussell trust the organisation that is set to help people having to go to foodbanks to feed their families. We should all be looking after one another
6. **Spend time outdoors and getting in touch with nature** I love seeing wildlife and this summer I have booked holiday on a farm and really looking forward to it and a new experience and my son is excited too
7. **Walk a different route each week.** I like to walk passed the railway line, through different parks and commons
8. **Create TBR of books you want to read.** I use Good Reads and you can set a goal of how many books you want to read each year and you can do this without going on there. You can use Notion, A Word Template or in a notebook
9. **Write down how many workouts at the gym, outside or in the home.** I do indoors workouts each day in the week, not the weekend for about 7 to 10 minutes. I do my own now. It is good to do home workouts at first. I love my own workouts
10. **Cook a new meal each week or month.** I am really enjoying planning my meals and use Pinterest mainly for ideas. I have a book that has 1000 recipes and watching Youtube or TV

