

# Enjoyment Of life

Try something new

Book a monthly trip away

Read and try out a new coffee shop

Try out a new meal

Go for a weekly walk

Go on a daily walk

Take on a new skill

Do walking sports e.g. Walking Rugby

Go on a solo date

Go to see a show

Dance whilst doing some cleaning or cooking

Create a playlist of songs on Youtube

Take a nap

Create TBR list of books you want to read

Do a family reading hour

Go swimming

Take part in a sport

