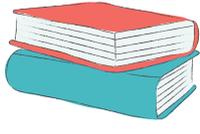
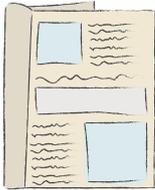
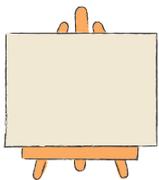
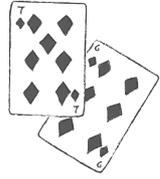
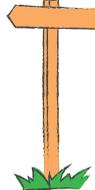
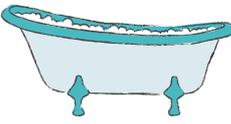
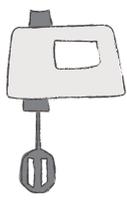


 <input type="checkbox"/> <p>Meet a friend for a coffee or drink.</p>	 <input type="checkbox"/> <p>Binge-watch a TV show.</p>	 <input type="checkbox"/> <p>Read a book or a magazine.</p>	 <input type="checkbox"/> <p>Write down 10 things you love about yourself.</p>
 <input type="checkbox"/> <p>Buy a magazine for yourself and read it!</p>	 <input type="checkbox"/> <p>Try a new recipe.</p>	 <input type="checkbox"/> <p>Go for a walk in the countryside/by the sea.</p>	 <input type="checkbox"/> <p>Play a song and dance all the way through it!</p>
 <input type="checkbox"/> <p>Draw or paint a picture.</p>	 <input type="checkbox"/> <p>Have a games night with friends or family.</p>	 <input type="checkbox"/> <p>Do a form of exercise you enjoy. (Yoga, Pilates, swimming...)</p>	 <input type="checkbox"/> <p>Explore a town or village you haven't been to before.</p>
 <input type="checkbox"/> <p>Have a long, relaxing bath (with candles!)</p>	 <input type="checkbox"/> <p>Visit a gallery, museum, or historic building.</p>	 <input type="checkbox"/> <p>Start a journal or scrapbook.</p>	 <input type="checkbox"/> <p>Bake a cake.</p>
 <input type="checkbox"/> <p>Watch a film with popcorn. (Cinema or home)</p>	 <input type="checkbox"/> <p>Pamper yourself, with a facemask, massage, pedicure, or manicure.</p>	 <input type="checkbox"/> <p>Put on your favourite song and sing along - loudly!</p>	 <input type="checkbox"/> <p>Listen to a podcast.</p>

EutHu



FINDEL

Part of the FindeL family