Lucky Dip

In each space, write one small, achievable and pleasurable thing that you would like to do. Cut up the boxes, put into a container or envelope, and, each day, pick out one.

Some ideas to get you started: Look through old photos and put some new ones on display; learn some new words in a language you’d like to learn; pick out a film to watch on TV; text a friend; try a new recipe for dinner; start a new book; put on an old CD or record.

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