



Sometimes, we find it difficult to think of things we would like to do more of. The following checklist includes ideas and inspiration. It's a good idea to complete this list along with the audit.

Tick the box next to any of the activities you think you would enjoy doing.

Social:		Creative:	
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	Call a friend		Do some writing
	Go out for a coffee		Paint or draw a picture
	Have a meal out		Cook a meal or bake something
	Spend time with family		Redecorate a room
	Hold a dinner party		Learn a musical instrument
	Use social media		Sew or knit
	Join a social club	Pan	npering:
	Invite friends for dinner		Buy something nice for yourself
Educ	ational:		Dress up in something nice
	Visit a museum/art gallery		Relax in a warm bath
	Plan a holiday		Have a massage
	Enrol in a course		Relax in a sauna or a spa
	Sit in the sun and relax		Have a facial or a pedicure
	Start a new hobby		Go to the hairdresser
	Go fishing		Prepare your favourite meal
	Learn a foreign language		Take a nap
	Do a crossword or other puzzle		Buy yourself a magazine
	Visit the library		
Recreational:			
	Read a book	Are	there other things you can think of?
	Go for a bush walk		
	Play a board game		
	Listen to music		
	Go to a movie		
	Go for a jog		
	Do some gardening		
	Go swimming		
	Play some sport		
	Watch a sports event		
	Take up dance classes		
	Visit a place of interest		
	Go to the beach, park, or countryside		