



# 10 THINGS TO MAKE THIS YOUR BEST MONTH EVER

- ✓ **Allow yourself 5-10 minutes of quiet time** to write your answers in the spaces below.
- ✓ **If you get stuck**, think back to your childhood or a month when you had a great time; what were you doing, or not doing? **Top tip:** If your ideas seem overly simple, it's a good sign.
- ✓ **Life too busy? Find small things you CAN do** eg. A 20 minute walk after dinner, a weekend away instead of a holiday, organise dinner with friends at a restaurant if you're too tired to cook.
- ✓ **Need more ideas?** Read a book, go rock-climbing, hiking, kayaking, visit friends/family, go to the beach, go fishing, meet new people, do something new, create a veggie bed, plant a fruit tree, play outdoor games, have a picnic, get out in nature or something completely different!
- ✓ **Final Tip:** Your best month ever may be all about what you DON'T do...

## List below the Top 10 Things that would MAKE THIS YOUR BEST MONTH EVER!

*Imagine the sun is shining. You're relaxed, happy, can't help but smile and are at peace with yourself and the world. If this IS your best month ever, what are you doing and what's going on in your life?*

- 1 .....
- 2 .....
- 3 .....
- 4 .....
- 5 .....
- 6 .....
- 7 .....
- 8 .....
- 9 .....
- 10 .....

## Now write below 3 actions that will move you closer to YOUR BEST MONTH EVER!

*Your actions can be as big or small as you like, but must be easily do-able.*

*Action ideas: Want to try new things? Try reading a book about it, doing online research or booking a course. Want to be more social? Start contacting people and making arrangements. Want more alone-time or to relax, block out space in the diary - now.*

**1st Action** *Something you can do Now!  
(right away or by the end of today)*

**2nd Action** .....

**By when** ..... **(this week)**

**3rd Action** .....

**By when** ..... **(this month)**