

Take time to reflect



Why not get yourself a drink and a snack, find a comfortable spot and reflect on these questions for a few minutes?

What have I done recently that has made me proud?

Which person do I appreciate the most at the moment and why?

What would I like to achieve this year?

What one change could I make to improve my life or wellbeing?

Am I looking after myself as well as I could be?

What was the last thing that made me laugh?

How would I like others to describe me?