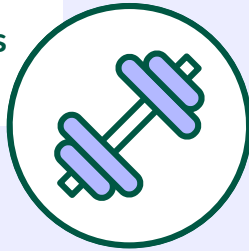




Encourage someone in your household to join you on a home workout and lead the session.

How can you push yourself and others at the same time?



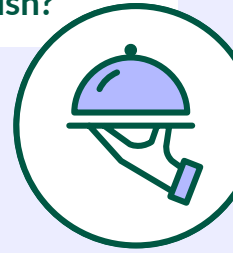
Research a period in history that has always intrigued you but you haven't known much about.

What history will you be interested in - the Romans, Vikings or maybe the Tudors?



Think of a meal you enjoy, find a recipe, buy/order the ingredients and have a go at making the dish.

What could be your signature dish?



Check your education progress, be aware of what you need to do next and arrange time to complete it.

What would you like to learn about in the future?



LIFE SKILLS

FROM HOME SECOND HALF

Take control of your finances by looking through previous bank statements, analyse your activity and invisible spending behaviours.

What could you do better?



Look back through your keepsakes from childhood, reflecting on your achievements and memories.

What are you proud of that you may have forgotten about?



Find a safe space to be honest about how you feel and support yourself by speaking to someone you trust or use a confidential support service.

Who is your go-to listener?



Find time to relax whilst enjoying yourself.

How do you wind down?



Think about a subject that might support your aspirations and search for a free online webinar to register for and watch.

How could you develop yourself?

