

My Fun List

My happy soundtrack

(What songs make you want to move your body and sing at the top of your voice?)



Awesome activities

(What do you love to do? What brings you joy?)



Fun places to visit

(Where have you been that was lots of fun or where would you like to go?)



Fave films/TV series

(that have made you laugh the most or have been uplifting in some way!)



Things I have always wanted to try...

(What is on your bucket list? Have you got any activities in mind that look like they might be fun?)



Make it a date!

Put some time in your calendar to do at least one of the things you have listed here.

I am going to _____
on _____

