



1. get in to life



In a nutshell, doing the stuff we love to do matters, because it:

- gives me a sense of purpose
- gives me confidence
- gives me energy
- gives me motivation

Try:

- setting a goal or task that you want to achieve for the day - it can be something small like making your bed, going for a walk or calling a friend
- using this time to try some new hobbies, like journaling or music
- to keep doing the things you love as best you can, like reading, drawing or exercising.