



4 Easy Ways To Invite More Fun Into Your Life Today!

Life is busy, and we all have so many demands on our time, that finding time for fun can be another thing on our to do list that we never get around to. Here are 4 easy ways to bring a bit of fun into your day right now!

Make Time to Remember...

Grab a pen & paper and spend 5 minutes writing a list of things you used to do for fun when you were young. Riding a bike? Hula hooping? Drawing? Then choose one thing and commit to doing it in the next 24 hours.

Make time to Play...

Play is highly underrated when you are an adult, but it feels so good. Make some time today to play with your kids, your dog, an instrument, or even skip along the street by yourself (an umbrella is totally optional!)

Make time to Connect...

Nothing beats real life connection, so pick up the phone and call (not text or message) an old friend and have a good old catch up. Or organise a walk, coffee or glass of wine with some local friends. Don't put it off, do it today!

Make time to Laugh...

"The most wasted of all days is one without laughter". Whether it's watching a funny video, telling bad jokes, or tickling your kids, make a conscious effort to bring some laughter into your everyday: it's guaranteed to make you feel good!

With thanks to my guest, Melissa Jeffcott



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