

WE ASKED OUR CLIENTS AND STAFF FOR WAYS TO ENLIVEN THEMSELVES, AND HERE ARE THE THOUGHTS THEY CAME UP WITH...

1. VISIT THE GARDENS AND SMELL THE ROSES.



2. When was the last time you did something for the first time?
3. It's not about having time, it's about making time.
4. Be interested in a person's history and where they come from.
5. Why fit in when you were born to stand out?
6. A smooth sea never created a skilled sailor.
7. If life was easy, where would the adventure be?

8. MAKE A DAISY CHAIN.



9. Invite your neighbours over for lunch.
10. Use a toddler as a fitness coach. Lift them up in the air while they count, and they'll keep you going.
11. Have a cold shower – bound to wake you up and refresh you!
12. Start a performance group.
13. Create a gratitude day, and list things that you are grateful for.

14. MEDITATE ON AND VISUALISE POSITIVE THINGS.



15. Love, be loved and spread love.
16. Life moves pretty fast. If you don't stop and look around once in a while, you could miss it.
17. Do or do not. There is no try – Yoda.
18. Talent wins games, but teamwork and intelligence win championships.



26. DO SOMETHING TO MAKE SOMEONE SMILE... LEAVE A NICE NOTE OR BUY THEM A COFFEE.



27. Go out for a 'photo walk'. Exercise, enjoy the outdoors while taking photos of nature.
28. Remember in your darkest moment, it's the moment that will pass.
29. Be... live in the moment.
30. Enjoy the sunrise.
31. Be positive, think positive and enjoy life.

32. SING KARAOKE. DANCE TO MUSIC.



40 ways to enliven YOURSELF



19. IT'S NOT THE YEARS IN YOUR LIFE THAT COUNT BUT THE LIFE IN YOUR YEARS.



20. A healthy attitude is contagious but don't wait to catch it from others. Be a carrier – Tom Stoppard.
21. It is better to create than to learn! Creating is the essence of life – Julius Caesar.
22. Today isn't just another day. Today I will make a difference.
23. Spend quality time with your friends and family.
24. Be stress-free.

33. Be grateful for the gift of life, loving and helping people and being able to connect to nature.
34. Begin every day knowing it's a brand new day, and make the most of every minute.
35. Volunteer for Enliven.
36. Set goals for yourself, and ensure that you always take time out for what you enjoy.
37. Trial a new recipe and share your creation with friends.

38. READ AFFIRMATIONS EVERY MORNING TO PUT YOURSELF IN A POSITIVE MOOD.



25. RING AND WISH SOMEONE HAPPY BIRTHDAY.



39. Practise healthy living.
40. Cherish the little pleasures of life.

