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



- 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.



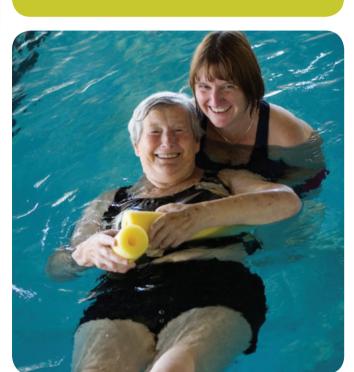


YOURSELF

- 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.
- 25. RING AND WISH **SOMEONE** HAPPY BIRTHDAY.



- 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 postive, think positive and enjoy life.
- 32. SING KARAOKE. DANCE TO MUSIC.



- **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
- **37.** Trial a new recipe and share your creation with friends.
- 38. READ AFFIRMATIONS **EVERY MORNING TO PUT YOURSELF** IN A POSITIVE MOOD.



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