Make a bucket list

Think positive and look ahead to sunnier days by making a bucket list. Rather than wallowing in your pyjamas for the fifth day in a row (we've all been there), change your outlook and reflect on all of the things you'll be able to do once lockdown restrictions are lifted. Are you looking to travel more?
Activities:

1) Write down three things you’d love to do in the next year in the boxes below:

2) Mark on the map with an ‘X’ where you might like to visit in the future: