Living in home confinement

What can we do to improve our well-being?

Other ideas!

Be aware for your pending list, those things we all say “some day I will do...”, but always postpone:

• Write a letter to a friend or family member;
• Give your wardrobe the decluttering it needs;
• Put on paper your ideas and projects;
• Develop additional chef skills in the kitchen;
• Read that book that’s been on the shelf for months.