

# Creating your best year ever!

**laugh  
more  
often**

Write down 3 ways in which you can laugh more often?

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Name 3 upcoming events, where you will take more pictures?

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**take  
more  
pictures**

**practice  
a  
hobby**

What is your favourite hobby? \_\_\_\_\_

**Make a commitment!**

On ...../...../2016 at .....h....., I commit to spend quality time on my favourite hobby and enjoy it to the full!

Make an appointment today!

Name	Time	Date	Activity

**make  
time for  
people**

**take  
time for  
yourself**

**Make a commitment!**

I commit to spend ..... min a day with myself, doing one of the following things .....,  
..... or  
.....!

REMEMBER TO MAKE EVERY MOMENT COUNT!

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