

W R I T E

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DIY jobs you want to finish



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Ways you can strengthen your relationships



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Books you'd like to read



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New skills you could learn



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Ways to use your usual commute time for a different purpose

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Ways to use up food items in the back of your cupboard

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Ways to stay healthy and fit.



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Ways to calm your nerves when circumstances get the better of you

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Reasons you can be grateful for this situation

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Ways you could add more value to your boss, clients or customers

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Projects you could start



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**Things you can do now that weren't
previously possible**

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Self-care practices you can start from home

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Ways to turn your fears into focus



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Underutilized skills that are really useful now

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Goals you can set and achieve from inside your house

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Goals you can set and achieve from inside your house

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**Habits you can start to ensure when this is all over,
you come out a better version of yourself**

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**Fears you can create a plan
of action to mitigate**

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Ways to add structure to your day

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Creative ways to create the feeling of more space in your life

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Creative ways to fill an empty notebook

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Fun things you can do to entertain yourself and your family indoors

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