



Ways of looking after myself

<p>Costing under £10</p> <p>Eg getting a takeaway coffee, buying a paperback, downloading some music, listening to an interesting podcast, reading a blog or article</p>	<p>Taking less than 30 minutes</p> <p>Eg reading a book, taking a bath, going for a walk, ringing a friend, meditating</p>
<p>Costing between £10-25</p> <p>Eg having a manicure, having a picnic lunch with friends</p>	<p>Taking between 30 mins and one hour</p> <p>Eg having a coffee with a friend, going for a run or bike ride or doing an exercise video</p>
<p>Costing between £25-50</p> <p>Eg getting a haircut or a massage, going to a lecture</p>	<p>Taking between one and three hours</p> <p>Eg going to see a movie, lunch with a friend, visit a museum or gallery</p>
<p>Costing over £50</p> <p>Eg a weekend away without the kids, signing up for an online course</p>	<p>Taking more than three hours</p> <p>Eg an evening out with my partner, a weekend away without the kids, visit to the seaside</p>

What will I commit to this week?

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