



Rich and Varied Life

We know that living a rich and varied life is good for you in lots of ways. Deciding what that means to you can be a lot of fun. Try going to an environment that makes you feel good, like a pub, a garden, somewhere with a great view, a racetrack – ideally somewhere you don't go that often. Then give yourself a chunk of time, perhaps an hour, to just brainstorm (perhaps creating a mind map) the question:

What would mean I have a rich and varied life?