

Battling lockdown boredom with purpose and joy

What gave you a sense of purpose or achievement during the previous lockdowns?

What brought you joy during the previous lockdowns?

How can you incorporate these things into your daily life this time round?

Now you've reflected on what worked for you last time, plan one purposeful and one enjoyable activity for each day over the next week. You can record these in the table below.

Day	Purposeful activity	Enjoyable activity
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

What difference, if any, has incorporating purpose and joy into your day to day activities had on your wellbeing?