

My Favourite Things

Sometimes we need to remind ourselves of what we love most in life, and why. It's time to remember all those wonderful things so you can put more into your daily life.

My favourite...	What it is	How it makes me feel
Colour		
Food/Drink		
Type of music		
Song		
Movie		
TV series		
Fairy-tale		
Book		
Self-pamper		
Activity		
Place to walk		
Location to visit		
Flower		
Tree		
Animal		
Bird		
Insect		
Time of year		
Time of day		
Jewellery		
Outfit		