

Dear Friends,

So what would be your ideal day?

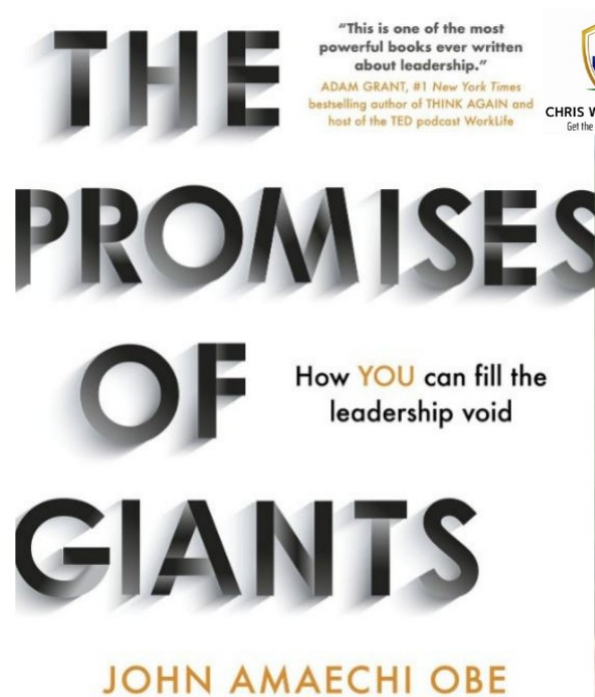
Am not meaning a legendary holiday day, just a regular day. Here is mine:

- Sex
- Breakfast - complete Duolingo
- Exercise – High Intensity Interval Training then Yoga
- Lunch
- Do an activity – ski / SUP board / bike / walk with friends and family
- Dinner – make this and eat it with friends and family
- Squash
- Dancing
- Netflix N Chill

I also like spending time on the computer and playing computer games, but exercise is healthier. It is worth taking some time to think about your ideal day. By taking a little time to think what your priorities are you might be able to tweak your usual days to be closer to your ideal day. When managing your time, try to avoid over planning and making your calendar too full. Leave a bit of time for random spontaneous activities.

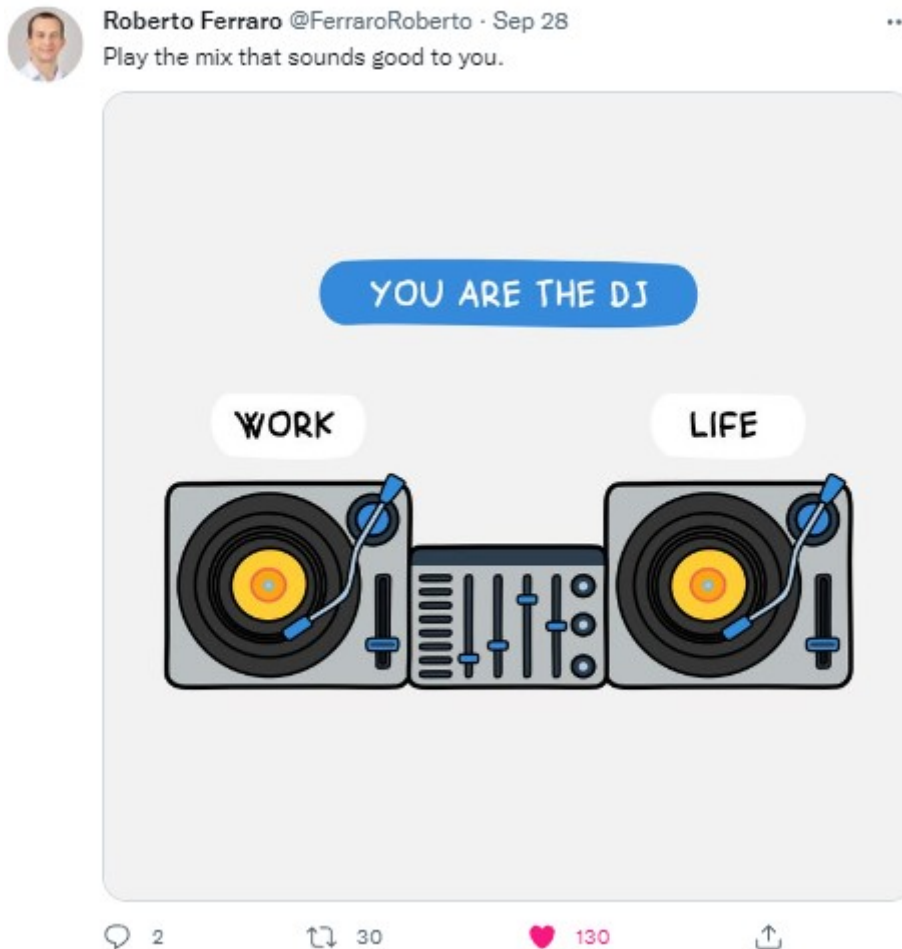
It is interesting to ask your friends about their ideal day. What is your ideal day? Feel free to let me know - you may find most of us have very similar ideal days!

### YouTube Video of the Month



Opted for this video as it is packed with learning points. Reframing the concept of unconscious bias to an “entrenched assumption” resonated with me. This attempts to stop people thinking they’re dealing with an inaccessible part of their psyche that they are not aware of and therefore are not responsible for. I also enjoyed filming the video with a couple of basketball shots!

## Tweet of the Month



A lovely visualisation by [@FerraroRoberto](#) that fits with the theme of getting your life balance right and that works best for you.

Why not forward this newsletter to your friends by [clicking here](#)?

## Website of the Month

[padlet.com](https://padlet.com)

This is a neat website that can help you make your own boards for brainstorming and collaborate with others. What I like is you can easily add links and other content which then shows up clearly, the 'neon' plan is completely free.

Hope that you have a great month,

Chris



# Chris Weatherburn

Get the most out of your life!