Weekly Gratitude's

Take some time to reflect back on your week and note down what you have accomplished and what your magic moments of the week were.

These reflections could be specific to the Eat Well to Live Well programme and the progress you have made, or more general reflections from your day to day life.

A magic moment could be anything from seeing your family enjoy the new healthy meal you have cooked them, an epiphany at work, time spent with a loved one or even the sight of a rainbow on your drive home.

Accomplishments

Magic Moments