

Boost your wellbeing

Do more of what makes you happy



1. Be ambitious

What do you love to do?
Work out ways to do them
whilst you are at sea



2. Plan ahead

...for your next voyage
What do you need to take
with you to do what you
love at sea?



3. Enhance the effect

Schedule activities in advance
so you can look forward to them
Savour the moment
Keep it in mind later

