

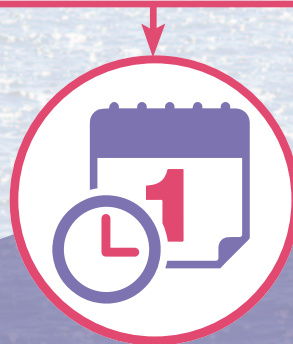
# Boost your wellbeing

## 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