



## Seven days to change your world

Make one small change every day this week, and make a big difference to your world

1. **Wash cooler** Turning to 30°C can save 40 per cent of the energy used in the wash cycle. Use superconcentrate Ariel Exel Gel, which is released into the heart of the wash. Better cleaning, less waste, brilliant results all round.
2. **Smile behind the wheel** People naturally get stressed and depressed at this time of the year, and they seem to take it out on others when they are behind the wheel. Smile at other drivers. If you're stuck in traffic, take it as an opportunity to relax. Breathe deeply in for a count of 8 and back out for a count of 8. And feel your stress levels tumble away.
3. **Don't save it for best** Take your special-occasion bag out of your cupboard... and use it all week. Why save it for best if it makes you feel special? Chances are if it's good quality it will last longer than all your second-best bags anyway.
4. **Try a food that's new to everyone, once a week** It's easy for your meals to get stuck in a rut. Take a new look at seasonal winter ingredients. Discover knobbly Jerusalem artichokes, for instance. They taste brilliant cooked in cream and nutmeg. Instead of chicken try venison which is rich tasting and amazingly low in fat. Grill scallops, in season right now. Or put tasty pheasant instead of stewing steak in a pie.
5. **Keep fit with your family** It doesn't feel like a duty when you're all having fun together. Make a weekly commitment to walk to football practice; sign up for a martial arts class and aim for your first belt together; or get the kids to teach you new dance moves.
6. **Sing whenever you can** Singing is good for your heart, lungs and, because it exercises the muscles in your face, it's even thought to reduce wrinkles.
7. **Clutter-bust for 20 minutes** Once a week blitz one cluttered corner of your home: a magazine rack, a cluttered coffee table, a messy drawer. Persuade your kids to help you by saying they can keep any coins they find!
8. **Kick-start your weekend** Make a date to exercise every Friday evening. It will help you get into 'weekend' mode faster after a long week at work. Exercise moderately on Friday night, and you'll feel raring to go on Saturday morning.