

AGENDA

WHAT EVERYONE'S TALKING ABOUT THIS WEEK

17 ways to make 2017 amazing

According to these absolute legends



SINK THE PINK

1 "Fight against any form of prejudice you see, because staying silent is the most dangerous thing you can do."
GIRLS AGAINST, teen collective fighting sexual harassment at gigs
[@girlsagainst](#)



2 "Every year we write a list that we call our 'Who Me Be' (it's a quote from *Ab Fab*, like most of our life guidance). It's a list of stuff we want to do more of in the coming year. It might be deeper stuff like 'be kinder to myself' or 'wear more sequins' – basically these two have the same end goal anyway. But putting it somewhere you can see it every day actually helps make the list come true."
SINK THE PINK, utterly fabulous queer party crew
[@sinkthepinkLDN](#)



3 "Don't be afraid to fail and, even more so, don't be afraid to live."
BIG NARSTIE, grime MC
[@bignarstie](#)

4 "Take the time to lie back on your sofa and really enjoy an album from start to finish, without distractions. No phone or telly quietly on in the background."
CLARA AMFO, Radio 1's mega mid-morning DJ
[@claraamfo](#)



5 "Just get out in the fresh air. Too many activities now are done indoors in front of a laptop or television screen. It seems like humans are moving so much less than they ever have done. Break that mould and do something physical with yourself. Go for a jog, play some football, do some sprints – as long as you're outside breathing some fresh air."

DAVID HAYE, boxer, Hayemaker
@mrdavidhaye



6 "Go to a dance class. It makes you so, so happy. I went to a couple – I'd never been to any before – and I had the best time of my life. You feel more confident, more loose and it gets all of the endorphins going."

IZZY BIZU, singer-songwriter
@izzybizu



7 "Keep drinking great craft beer. There are so many brilliant, talented independent breweries in the UK. Get out there and drink their beautiful wares. You'll never think to order a mass-produced, industrialised beer again."

LOGAN PLANT, Beavertown Brewery bossman
@loganrplant

8 "Don't be scared to follow your dreams. Do the things you love and you'll find that the right people and circumstances are drawn to you. It all starts with making a choice and then committing to it."

CRAIG DAVID, garage don and positive thinking pro
@craigdavid

9 "Spend more, buy less. As things look more uncertain, we can be scared of bigger purchases and over-consume disposable stuff. If we're going to hell in a handcart I want to take comfort in something truly amazingly bonkers. Price per wear, it will make you a happier person."

GRACE WOODWARD, super fashion stylist
@gracewoodward



10 "If you hate what you're doing, change it up. Boxing is enjoying a renaissance and is an incredible workout. The benefits of leading an active life include increased energy levels and decreased heart disease, stroke and diabetes risks, not to mention more stamina for raging at gigs and trekking 20k across Glastonbury."

SOPHIE EVERARD, mixed martial artist and extreme sports badass
@sophiemadtolive



VIN DIESEL

The trailer for *The Fate Of The Furious*, the eighth film in the mighty franchise, broke the internet.



MADONNA

Named Billboard's Woman of the Year. Used the opportunity to call out sexism and ageism.



BABY GROOT

Guardians Of The Galaxy Vol. 2 character whom fans claim only exists to become merch. Disrespectful.



CRUZ BECKHAM

The little fella's single 'If Every Day Was Christmas' went down badly. It was for charity, though, so leave off.



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11 "Learn a new language. I'm sick and tired of being on stage and speaking English. If I just made 10 per cent more effort to learn the language of the place that I'm in, people would be like, 'Fair f**king play – you took the time out of your day to learn something new.'"

JOSH FRANCESCHI, You Me At Six frontman
@joshmeatsix



12 "It's a politically scary time. People need to step away from social media and connect with real human beings. Close the laptop."

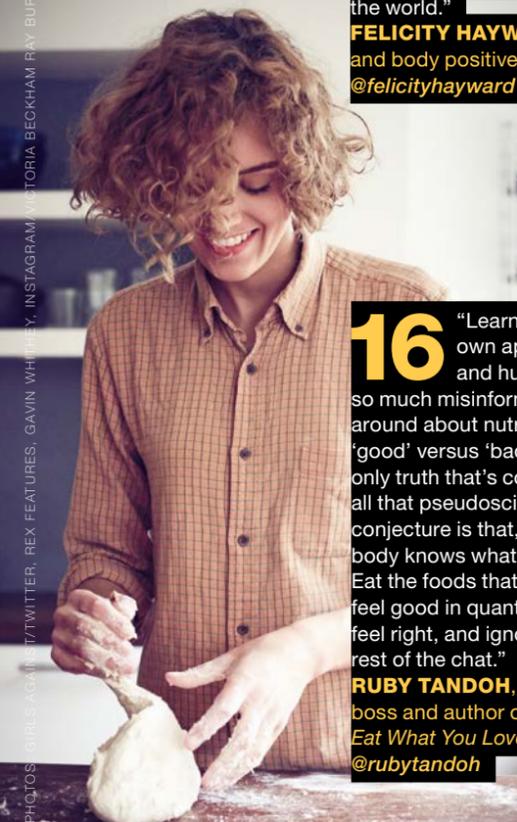
FRANK TURNER, outspoken singer-songwriter
@frankturner



14 "Self-love brings beauty. Once you find inner peace and stop comparing yourself to others, badass confidence will kick in and you can take over the world."

FELICITY HAYWARD, model and body positive style icon
@felicityhayward

PHOTOS: GIBBS & AGAN / TWITTER, REX FEATURES, GAVIN WHITNEY, INSTAGRAM, VICTORIA BECKHAM, PLY BURMISTON

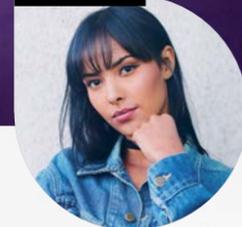


16 "Learn to trust your own appetite, tastes and hunger. There's so much misinformation flying around about nutrition and 'good' versus 'bad' foods – the only truth that's constant through all that pseudoscience and conjecture is that, usually, your body knows what you need. Eat the foods that make you feel good in quantities that feel right, and ignore all the rest of the chat."

RUBY TANDOH, Bake Off boss and author of *Flavour: Eat What You Love*
@rubytandoh

15 "List everything you're thankful for each morning to start off your day full of gratitude and in the best mood."

MAYA JAMA, Rinse FM and 4Music host
@mayajama



13 "Contribute to making the world a better place by how you eat. I'm going to cut down the amount of meat I eat – I'll save it for Sunday lunch and the odd treat and make sure I'm only eating higher welfare meat that's been treated by a butcher who gives a damn. This will be better for your health and have a considerable positive effect on the environment."

GIZZI ERSKINE, rock'n'roll chef
@gizzierskine



17 "Believe in yourself and your uniqueness, and get organised with your finances – there are plenty of apps out there to help. Look ahead and make a list of three things you want to achieve over the next 6-12 months. Be brave and go for it!"

JAMAL EDWARDS, SB.TV founder and entrepreneur
@jamaledwards

