



““”

“My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor and some style. ”

Maya Angelou, Poet and Activist

GOOD TIMES

The goal of this worksheet is to guide you with identifying what you do for fun and how you spend your free time.

Even if you don't have any specific *hobbies* it's easier to identify what you enjoy when you think about what you're doing on your time off.

- You should spend 20 to 30 minutes filling out this section.
- Be thoughtful and don't rush through the questions, but also don't overthink it. Write what comes to mind. Done is better than perfect!
- If you get stuck, share a #QUESTION in the community.

(1) How do you spend your free time? List current hobbies, interests or general activities.

(2) What books, podcasts and blogs do you gravitate to? What need do they meet?

(3) Is there anything else that you want to do for fun that you're not doing?

(4) Review what you've written above. From the activities you listed, when do you feel at your best? What activity do you look forward to performing the most?

NEXT STEPS LET'S TAKE SOME ACTION

(1) When do you crave time off? (e.g. Is it after a long work day? Is it in the morning?)

(2) Go back to Question 3. Can you incorporate additional areas of interest into your day specifically when you crave time off?

(3) What new activity *that feels fun/good* can you incorporate into your schedule this week?

(4) Schedule it. Put it on the calendar!

Awesome Job so Far!  Remember *Done is Better Than Perfect*