



10 THINGS I LOVE TO DO

Write down ten things you enjoy doing, including those things you do on vacations, in your leisure time, with your family, on your own and at work. Sometimes we forget to ask ourselves this question as we go through our daily activities.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Place the applicable symbol beside each activity:

€ - if it costs more than €10

A - if it is something you prefer to do alone

P - if it requires planning

2 - if you have done it in the last two weeks

This exercise is inspired by the work of Norm Amundson, author of *Active Engagement*.