

HOW TO SPEND TIME PURPOSEFULLY

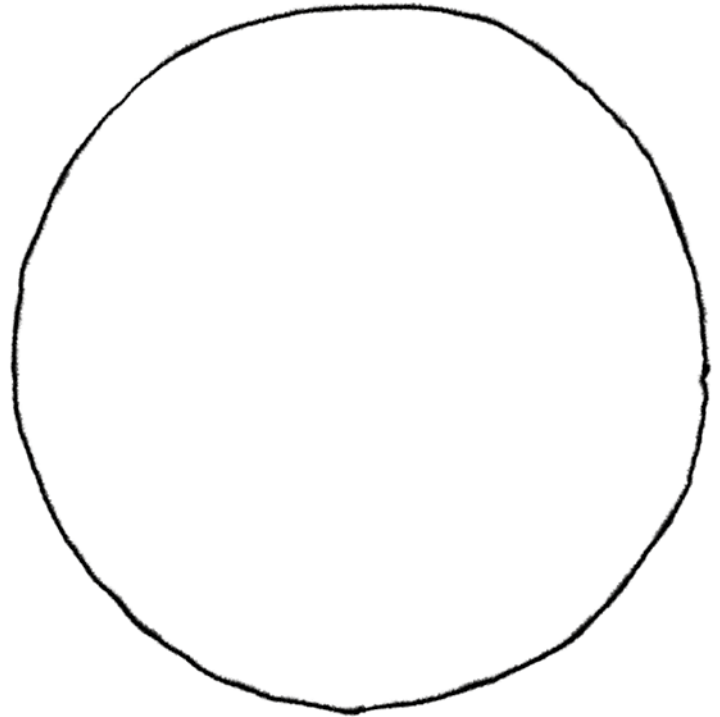
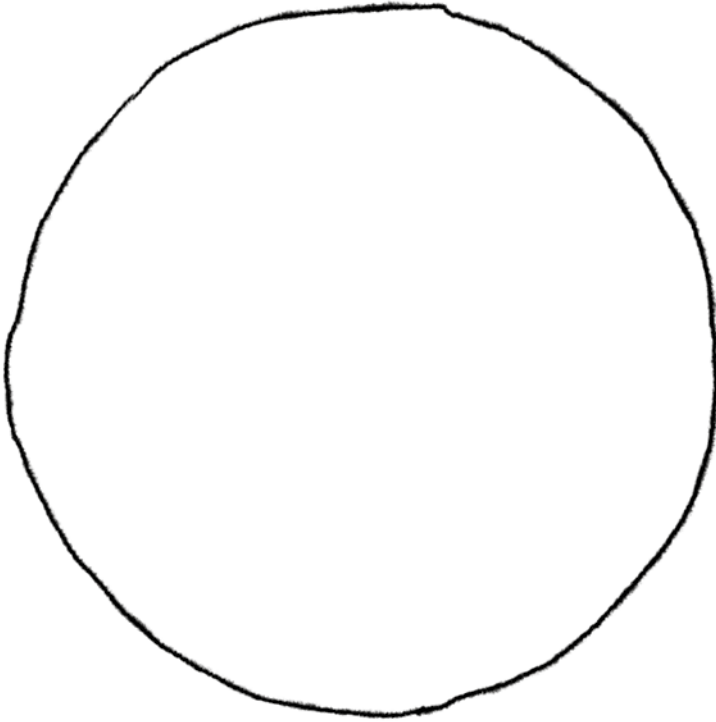
Before you start writing, find a place where you can sit in peace, without being disturbed. Take a few minutes to get comfortable. Take 20 deep breaths in and slowly breath out. Now, start writing.

Happy stuff

Write down all the things that make you happy, from food to activities to people.

As a child

What kind of things and activities did you love when you were little? Write them in the circle!



Make a happy place

Now take a highlighter and see if there are things you do now that you also did when you were a child. Then take a different colour and highlight the things you loved as a child and want to re-introduce to your life.

Pride and purpose

What have you done lately that made you proud and feel good about yourself?

Granny-you

Imagine you're towards the end of your life, a sweet old granny. How would you like to look back on your life? List 3 things you've done.

Unhelpful habits

What kind of things drain you or make you unhappy?

You're still that granny.
What have you regretted?
