

JOYFUL FUN

Brainstorm a list of passionate to do's
and plan a couple to do a month

- Plan a vacation to _____
- Learn about _____
- Go _____
- Invite _____ to _____
- Take a _____ class
- Spend time in nature _____
- Try _____
- Gain energy by _____
- See _____
- Do _____ like I did when I was a kid
- _____ like I always wanted to
- Practice self-care by _____
- I want to feel _____ this year
- I never told anyone, but I think it would be fun to _____
- It may be silly, but I'd like to _____
- I want to pamper myself by _____
- I'm not going to _____
- Plant _____
- Read _____
- Fritter away time doing _____
- Make _____
- Spend an afternoon _____
- Spend a weekend _____
- Spend an evening _____
- Let go of _____
- Get a _____
- Treat yourself to _____
- Treat _____ to _____
- Move my body by _____
- Watch _____
- Visit _____
- Wear _____
- Take _____
- Ride _____
- Play _____ with _____
- Taste _____