



20 Activities

In order to craft a prosperous life you need to know where you want to go and who you want to be. But even more importantly, you need to know what makes you truly happy from the inside out.

This worksheet helps you to become mindful of what brightens you up and what you can do every single day to already experience prosperity NOW.

This exercise consists of five steps. I suggest that you execute step 1 first and read the instructions for the next steps to take only after having completed it.

Step 1: List the activities that make your heart sing

| Step 1 | Step 2 | Step 3 |
|--------|--------|--------|
| 1 | | |
| 2 | | |
| 3 | | |
| 4 | | |
| 5 | | |
| 6 | | |
| 7 | | |
| 8 | | |



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| 9 | | |
| 10 | | |
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| 13 | | |
| 14 | | |
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| 20 | | |
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Step 2 & 3: Duration & When did you do it the last time?

Write in the next column how long it takes to do this activity once.

Then, when you last did this actually. Yesterday? Last month? Ages ago? After having filled in the third column, check how many of these activities you haven't done for a while or even a very long time. Mark them with a colour.

Step 4: Choose and commit

Now you choose one of these 'orphaned' activities that you can do today – and schedule it into your calendar. No excuses! After completing it you choose two others that you are going to do within the next week and schedule them as well. Make sure to JUST.DO.ANY of these activities as often as you can... Be creative and enjoy using this tool.

Step 5 Play or Balance & Expansion (optional)

Of course, the list is work in progress and can be much longer than 20 items! You may ask yourself the following questions:

- + Which of these activities do you do on your own, and how many with others?
- + How many are done in a few minutes (like blowing bubbles)?
- + Which ones take several hours (hiking or skiing in the mountains) or even months?
- + Which activities are process-oriented like learning a language?

Write in the five empty lines other things you could do – or things that you've never done before but believe they could be great fun.

We need reminders to keep in mind (on the forefront) what we want to focus on. So keep the list handy and take it out regularly.

Feel free to track what you do and how often - *if* this makes you happy, too.