

# Planning an enjoyable life worksheet

What are three things you used to enjoy but have stopped doing?

1.

2.

3.



What are three things that you enjoy doing now and would like to do more of?

1.

2.

3.



What are three things that you engage in and want to stop?

1.

2.

3.



What are three things that you have not done but would like to try?

1.

2.

3.

