

PASSIONS

What are you passionate about? _____

What do you dream about doing or exploring? _____

Have you imagined branching out to other areas of pleasure? YES NO

If you could explore other areas of pleasure, what would interest you? For example, consider sports, cooking, dining, art, fishing, dancing, boating, traveling, projects, volunteer work, political action, writing, education, photography. I feel pleasure by simply taking a walk around my garden. Open your imagination to what you wish you could do but haven't.

Why haven't you explored new outlets of pleasure? _____

Is it possible for you to try something new? YES NO

If you answered no, you are lying to yourself. If you answered no, what excuse has disempowered you?

Is this excuse true? YES NO

Is it absolutely true? YES NO

I doubt it! We make up our life as we go. Imagine you could try something new. What would you be willing to explore? (no excuses – just pick something)

Another approach: If you had only two months left to live, what would you want to accomplish? What would you put on your bucket list?

At the end of the day, wouldn't it be satisfying to know you devoted time to accomplishing some bucket list actions? YES NO

Make a new goal to accomplish one of your new bucket list items or to try something new.

What did you select? _____

What is the first step to reach this goal? _____

Set a date to accomplish this _____

When will you begin to take the first step (The sooner the better)? _____