

If money, time, and consequences were no barrier,

what activities would you choose?

- ◆ Cultural
- ◆ Spiritual
- ◆ Athletic/active
- ◆ Personal
- ◆ People
- ◆ Small things

Be as specific as possible
Choose things you have done and know

Choose several favorites, and list for each one

characteristics of each

- ◆ where
- ◆ when
- ◆ with whom
- ◆ what's involved
- ◆ little details
- ◆ even neutral things

Be as specific as possible

If you discover negative things, create a new list

Review you brainstormed list

what commonalities are there?

- ◆ what comes up in frequently or in different forms?
- ◆ what are essential characteristics?
- ◆ What new things come to mind as you review these?
- ◆ etc

Can you find a few characteristics in common that might be important to your happiness?

During the coming week, do this exercise again with

events, people, activities you avoid

Learning what is aversive to you can help you
discover what is important to you.