

Do these projects and you will...

- Identify what you love to do – what’s fun in your life
- Define fun from your perspective (sounds serious, doesn’t it?!)
- Reflect on what’s important to you – your values
- Examine how you “spend” your time during the day and week
- Match the time you spend with your values
- Identify elements of the life you desire
- Envision an enhanced daily life
- Design new days and weeks
- Verify that the daily/weekly plan matches the vision of the life you want to lead
- Zap “energy vampires” – the little things that take up your time
- Create 10 Delicious Daily Habits/habits that energize you
- Think bigger about happiness in your life

Feel the difference in your life every day – the days you plan for fun and the days in between, because having more fun has great effects on every day of your life!

**Fun – it seems so simple that we almost forget its importance.**