## **Table of Contents**

2	How to Plan Your Fun every week!		
5	What will you do with your time this week?		
6	Let's think even bigger, exploring the idea of FUN!		
7	50 Fabulous Ways to Have Fun!		
9	It's Week 1: Ready, Set, Commit!	26	Creating Your Life in Harmony
11	Looking at your first FUN! Week Plan	27	Week 2
14	Snapshot: A week in the life of YOU!	29	Lesson Learned
16	What's important to you?	31	Zap those energy vampires!
	Let's talk about your values	34	Week 3
18	Personal Values and Priorities	36	Looking at Last Week's Zaps!
19	A Look at Last Week	39	10 Delicious Daily Habits
22	Creating Your Desired Life	43	Radical Concept -
23	Living Your Values -		Extreme Self Care
	Now and in the Future	47	Week 4: Now You're Unstoppable
		50	Wrapping it All Up
		52	You did it!
		53	About the Author