

**Tuesday**

**Wednesday**

**Monday**

**Thursday**

**My FUN! Week  
Planner**

**Sunday**

**Friday**

**Saturday**

**Put Your FUN  
Plans here**

# Six Easy Steps to Using Your FUN! Week Planner

- 1.** Think about what fun means to you – what’s the biggest, most expressive definition you can think of right now? Let’s start from that point (you might even write down your ideas on page 6 in your guidebook) and...
- 2.** Brainstorm all the fun things you LOVE to do. How big a list can you generate? Can you think of 50 Fabulous Ways to Have Fun? Sure, it may be a stretch – but what a FUN stretch! Go to pages 7 and 8 in the guidebook and write down your great ideas there! (And, you can peek at some of my ideas, here). →
- 3.** Now think of your schedule this week. What can you “take” from your list of 50 Fabulous Ways to Have Fun! and add to this week’s schedule. Maybe you can include a BIG activity (perhaps it takes a “chunk” of your time or involves other folks), or you might choose “a breath of fresh air,” something small that you can do often during the week (a walk, time at your favorite bookstore, or writing a letter to a friend).
- 4.** Now write a note for each one of these FUN! events and post a Fun! note on the day you will enjoy that particular fun time. How’s your week looking now? More interesting? Absolutely! You can always add to your fun during the week too!
- 5.** At week’s end, turn in your guidebook to pages 11 and 12 and think through answers to the questions there. Now remove the Fun! notes from your FUN! Week Planner and place them in the bottom left corner because you will be using them again!
- 6.** Now it’s time to get back into the guidebook and start planning for even more fun! Start on page 27 and work your way through the book. Every week you will be asked to plan your fun, working with new ideas and activities. Post your FUN! Week Planner where you can see it everyday and remember to plan your fun!



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## Here's my list for (over) 50 Fabulous Ways to Have Fun!

|                  |                                  |
|------------------|----------------------------------|
| scuba dive       | see a sports event               |
| read a book      | play a tennis/squash/racquetball |
| have a latte     | take a craft class               |
| talk to a friend | go to a museum                   |
| take a walk      | cook a meal                      |
| take a run       | bake cake/cookies/bread          |
| workout          | sightsee                         |
| aquaerobics      | go to a party                    |
| take a bike ride | play with my dog                 |
| knit             | check out a new website          |
| crochet          | read a magazine                  |
| sew              | garden                           |
| make jewelry     | write a poem                     |
| go to the movies | start writing a story            |
| go to theater    | make a treasure map*             |
| snowshoe         | go canoeing                      |
| ski              | go water-skiing                  |
| ice skate        | go snow boarding                 |
| rollerblade      | go to a concert                  |
| help a friend    | start a new sport                |
| volunteer        | start a journal                  |
| write a letter   | plan a vacation                  |
| email a friend   | fly a kite                       |
| go swimming      | go to the beach                  |
| take a drive     | go cross country skiing          |
| listen to music  | draw/cartoon                     |

## You are fantastic!

In using your FUN! Week Planner you are taking your first steps toward creating a life filled with more fun, joy, energy and connection. Please contact me with your thoughts about the guidebook and planner – and if you’re willing, I’d love learn how you’re feeling about your new life. Please share your thoughts by emailing me at [jill@takeastep.us](mailto:jill@takeastep.us).

Cheers!  
Jill