



Do More Things That Bring you Joy

- 1) If time and money were not a factor, what top 5 things would you LOVE to spend your time doing or doing more of?

- 2) What do you think is stopping you from doing any of these things?

- 3) If you were to pick ONE that you could commit to starting or doing, which one would it be?

- 4) How would it make you FEEL if you could do more things that bring you joy?

- 5) What are you doing that you don't WANT to do that is bringing you pain?



6) What is preventing you from stopping this or changing it?
