



A "Love to Do" List

List 20 things you really love to do. Some of them may be routine, everyday things; some may be special occasion activities; some may have a spirit of adventure; some may require a partner. You LOVE to do them. Write them down as quickly as you think of them, in no special order. Then turn the page over.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____
- 11) _____
- 12) _____
- 13) _____
- 14) _____
- 15) _____
- 16) _____
- 17) _____
- 18) _____
- 19) _____
- 20) _____

Spend a few minutes quietly thinking about those 20 things. Then ask yourself:

When was the last time I did each of these things?

How do I feel when I incorporate the things I love into my life?

How good am I at making time in my life for the things I love?

How do I feel when I don't allow time in my life for them?

What is currently holding me back from getting more of these things in my life?

What am I waiting for?

Writer and poet, Annie Dillard, said it best: ***“How we live our days is how we live our lives.”***
If your days are a reflection of how you live your life, what do you want your days to be filled with?

Looking at your “Love to Do” list, what three things will you commit to right now?

- 1) _____
- 2) _____
- 3) _____

Working with a coach helps you
slow down and make sure you're doing
what you *really* Love to Do in life.
Ready?

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