

## What makes you Happy?

We are all so busy; We tend to not take (or make) time to do the things that make us happy. Take some time to answer each item below. Save this in your "important papers" drawer, and refer to it often. More importantly, schedule your time to follow through.

I am most relaxed when I: \_\_\_\_\_

If I had an extra hour each day, I would: \_\_\_\_\_

I never seem to have the time to go: \_\_\_\_\_ anymore.

I wonder what happened to: \_\_\_\_\_

A "spur of the moment" fun item would be: \_\_\_\_\_

Options:

Reading, bicycling, walking, running, working out, sports, going to the movies, time with family, time with friends, picnics, barbecues, going out to dinner, vacations, beach walking, sand castles, sleeping, watching old movies on TV, watching sports on TV, going to sporting events, drives in the country, museums, theater, writing stories, writing a book, massages, facials, manicures, pedicures, shopping, card games, computer games.

I know I have only scratched the surface with this list, however, we ALL need to take the time (or make time) to enjoy the gift of life that we have been given.

Don't waste a minute of it.

