

25 Things to do this Year!

FUNSHEET



This fun, simple exercise helps you get inspired about the year ahead—or what's left of it.

INSTRUCTIONS:

- Allow yourself 10 minutes of quiet time—and write your answers in the spaces below.
- What would bring you joy? What would be fun or easy? What would be kind to you? What could you do if you stretched yourself? Could you start a meditation practice, complete that online training, bake your first souffle, grow or plant something? Whatever it is will be completely unique to you.
- Don't analyze, write! Have fun and stretch yourself; try to think possibility, not just probability...
- PS. Be sure to complete all 25, and feel free to add any extra things you think of later!



List 25 Things You Want to Do By the End of the Year:

- | | |
|-----------|-----------|
| 1. _____ | 15. _____ |
| 2. _____ | 16. _____ |
| 3. _____ | 17. _____ |
| 4. _____ | 18. _____ |
| 5. _____ | 19. _____ |
| 6. _____ | 20. _____ |
| 7. _____ | 21. _____ |
| 8. _____ | 22. _____ |
| 9. _____ | 23. _____ |
| 10. _____ | 24. _____ |
| 11. _____ | 25. _____ |
| 12. _____ | |
| 13. _____ | |
| 14. _____ | |
- And if there was *one* thing you secretly want to do, but haven't mentioned yet:
- + _____



To wrap-up, choose one *specific* thing you will 100% commit to doing by the end of the year:

I will _____ By when: _____