

25 THINGS

I love to do

Activity You Enjoy

Past Week

Past Month

Past Year

Past 5 Years

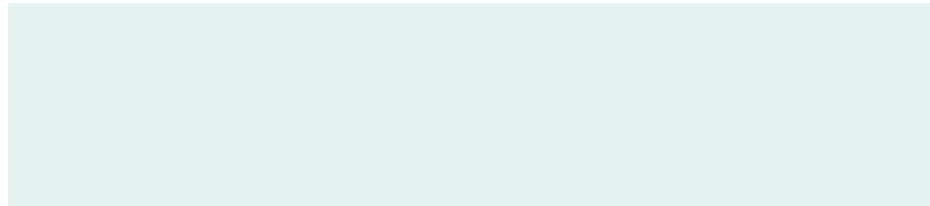
		<i>Past Week</i>	<i>Past Month</i>	<i>Past Year</i>	<i>Past 5 Years</i>
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INSTRUCTIONS

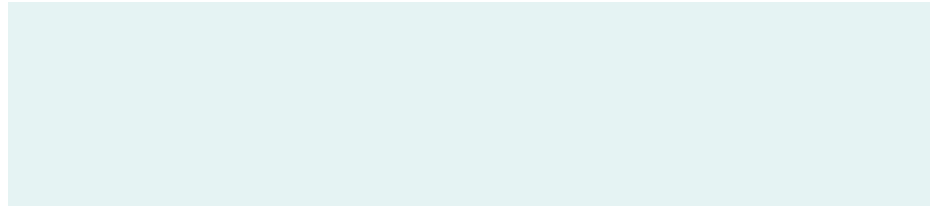
This activity will take multiple steps.

1. Quickly list 25 things you love to do, including things you may not have done for a long time. Just go straight down the list.
2. Now go back and, in their respective columns, write how many times you've done each on in the past week, month, year and 5 years.
3. Once you've finished both steps above, look back at the list with curiosity. There are a range of reasons we stop doing favorite activities. We get busy, life changes, priorities change, we have kids...
4. Notice the things you've stopped doing.
 - Are there items on the list you used to do but haven't lately that you could do while we're home bound?
 - Are there things you haven't done in the past week simply because you're unable to do so because of being home bound? Can you see patterns?

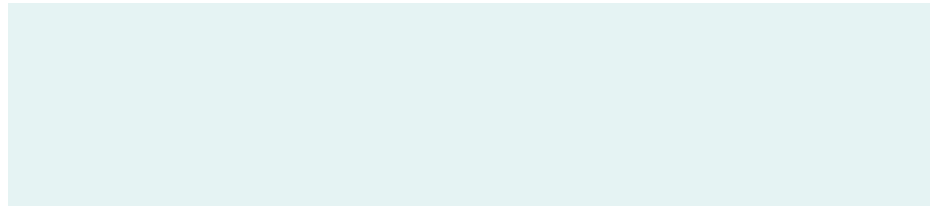
What surprised you?



Has Covid influenced your activities?



Is there anything you'd like to change?



How could you make those changes?

