

## 20 Activities

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*In order to craft a brilliant life you need to know where you want to go and who you want to be. But even more importantly, you need to know what makes you truly happy from the inside out.*

*This worksheet helps you to become mindful of what brightens you up and what you can do every single day to already live a brilliant life NOW.*

This exercise consists of four steps.

I suggest that you execute step 1 and read the instructions for the next steps to take only after completing it.

### Step 1: List the activities that make your heart sing

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Step 1	Step 2	Step 3
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## Step 2: Duration

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Write in the next column how long it takes to do this activity once.

## Step 3: When did you do it the last time?

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After filling in the third column, ask yourself how many of these activities that you haven't done for a while or even a very long time.

## Step 4: Choose and commit

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Now you choose one of these activities that you can do today – and schedule it into your calendar. No excuses! After completing it you choose two others that you are going to do within the next week.

You don't need further instructions to be creative and enjoy using this tool from now on I guess 😊

## Optional Step: Balance & Expansion

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You may ask yourself how many of these activities you do on your own or with others. How many are done in a few minutes (like blowing bubbles or sitting on a swing) or take several hours (hiking or skiing in the mountains for example) or even months / years (learning a new language)?

Write in the five empty lines other things you could do – or things that you've never done before but believe they could be great fun.

## About Patricia

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Coach & Mentor, Patricia Mauerhofer empowers bright women to embrace their sensitivities while playing to their strengths so they can savour a brilliant life full of love, flavour and delight.

Patricia is coaching and teaching in English, German, Swiss German and French.