

20 Things I Love To Do

20 Loves	date	A/P	\$	MF	5	R	Ri	I	J	Pr	Sp	Pl	Mi	B	T			
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20 Loves List 20 things you love to do.

Date Write the date when you last did it.

A/P A for I like to do it alone, P for I like to do it with people.

\$ Does it cost money?

M/F Would your mother or father have liked to do this?

5 Would you have liked to do this 5 years ago?

R Will you be able to do this when you retire?

Ri Is there any emotional or personal risk involved?

I Does it demand or require intimacy?

J Does it have to do with your job?

Pr Do you feel a surge of pride every time you do this?

Sp Do you like to do this with a special person?

Pl Does it require planning?

Mi Would it be replaced or fall away if you were a millionaire?

B Do you want to get better at it?

T Do you wish you could find more time for it?

- Add whatever codes you'd like in the three columns at the right.
- Additions can be made to this strategy. For example: List five conditions under which I love it (one item) the most...alone...in the rain...in the fall...etc? List five things I get out of it (How does it serve me?)...peace and relaxation...company...etc.?

*Are you spending time doing the things you love to do?*

*Adapted by Gail K. Laferriere*