

My Flow Activities

When we do things we like, our mind becomes absorbed in the activity and the thought stream disappears, due to our naturally focused concentration on doing what we are doing. Your task is to complete this list, writing as many things as possible that you like or would like to do. The aim with this is to have a combination of things, some of which you might be able to do daily such as lighting a scented candle at home. Others may occur less often, such as a weekend away. Others may be even less frequent such as an annual holiday.

It's important to have lots of things on your list that you can do regularly, in that way, you are moving into a space of automatic mindfulness regularly.

If you find yourself struggling to complete the list, then you may want to remind yourself of things that you used to enjoy in the past, or things that you have said to yourself that you would do if only you had more time.

Once the list is completed print it off so that you can keep it in a prominent place and refer to it frequently. Remember, writing the list is the first action, doing the items on the list is what brings you into psychological uptime.



100 Things I Like to Do

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75		100	