

## Remaining Relevant When You Have All the Time in World – What Do You Have Time For?

Are you stuck with no clues to activities and goals that might bring you joy and fulfillment? The Pages addressed this important dilemma in *Eavesdropping*. Here is an exercise that may be helpful to you. It's similar to an interview developed by Dr. Edie Donohue, one of the Pages. You can see her bio on the website or in our book. If you'd like to pursue this subject in more depth, you can reach Dr. Brown through this website and discuss it more fully with her.

*To help with this exercise, I'm giving you examples in color. Then it's your turn to fill out the worksheet (see the next page for the handy worksheet) to discover more joy in your life!*

**Step 1:** Think of an activity that is really enjoyable for you – one that is fun. You may lose track of time when you are involved in it. If you don't have such an activity now, think of one from your past.

*Example: I loved collaborating with the Pages on the book.*

**Step 2:** Really imagine the activity; focus on recalling the most enjoyable aspects of it.

*Example:*

- *I loved problem solving with the group.*
- *I liked the joking and conversations.*
- *I liked that we were doing something with purpose.*
- *I liked learning new activities, such as improving my computer skills.*

**Step 3:** Jot down the basic elements from (1) and (2)

**Step 4:** Think of another activity that is/or was enjoyable for you. Imagine it in detail, as you did with the first one. Jot down the components that were joyful and fun.

*Example: I love to take tennis lessons.*

- *I like the physical activity.*
- *I like to improve my skills.*
- *I like the company of the coach and fellow students.*

**Step 5:** Do this for a third activity if you can think of one.

**Step 6:** Now, look at your list of elements – not the activities themselves. Circle the common components from your activities.

*From the examples above, you can see my common components reveal: I like group fellowship, physical activity, problem solving and skill building.*

**Step 7:** Choosing activities that include positive elements for you – like the ones you've identified in this exercise - will help you engage more fully in life, renew your energy and promote joy and fulfillment.

*If I were to look for a volunteer position, or part-time job, or simply a hobby, I will be on the right track if I make sure I include the elements I've uncovered above. Without them, I will probably tire of my new activity.*

The exercise follows on the next page.

Give yourself about 15 or 20 minutes for this exercise.  
 Choose a quiet, comfortable place away from other people, phones, TV, etc.

- Step 1:** Think of an activity that is really enjoyable for you – that is fun.
- Step 2:** Really imagine the activity; focus on recalling the most enjoyable aspects of it.
- Step 3:** Jot down the basic elements from (1) and (2)
- Step 4:** Think of another activity that is/or was enjoyable for you. Repeat steps 2 & 3 for this activity.
- Step 5:** Do this for a third activity if you can think of one.

Activities	What I feel	What appeals	Single/Group	Not Satisfying

**Step 6:** Now, look at your list of elements – not the activities themselves. Circle the components the activities have in common.

Then, go down your list and consider each activity – one at a time. You can close your eyes again if you like and imagine yourself participating in the activity. Write down how you feel in this activity. What about it appeals to you? Are you alone or with others? Finally, is there anything about the activity that isn't satisfying?

When you have gone through your list, look through your descriptions. You will probably note that some of your activities have elements in common. Make a list of all the elements in your descriptions.

Common Elements

**Step 7:** Choosing activities that include elements you've identified in this exercise will help to keep your engaged, help to renew your energy and promote joy and fulfillment. Also, don't forget the negatives! Negative elements will drain energy, so take them into account when you make your choices.

Now you have arrived at the goal of this exercise. It's up to you to take some steps – even small ones – to add joy, meaning and zest to your life.