

# Start Right Where You Are

What activities make you feel great? Which ones light you up? Pick at least three from this expanded list and commit to trying one of them today. And feel free to add your own, of course.

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|----------------------------|----------------------|----------------------------|
| acting                     | improvising          | playing music              |
| astral projection          | interviewing someone | poetry                     |
| attending a cultural event | inventing            | pottery                    |
| ballooning                 | jewelry designing    | praying                    |
| beatboxing                 | jigsaw puzzles       | quilting                   |
| birdwatching               | jiu jitsu            | reading                    |
| boating                    | juggling             | redecorating               |
| building things            | jumping rope         | robotics                   |
| canoeing                   | kite flying          | running                    |
| chanting                   | knitting             | sailing                    |
| clutter clearing           | language learning    | scrapbooking               |
| coloring                   | lip-syncing          | skeet shooting             |
| composing                  | magic                | skipping                   |
| cooking                    | martial arts         | spending time with animals |
| crafting                   | meditating           | stand-up paddleboarding    |
| dancing                    | motocross            | studying/taking a class    |
| doing nothing              | nature walking       | surfing                    |
| doing puzzles              | needlework           | swimming                   |
| drawing                    | opera                | tai chi                    |
| erotic play                | organizing           | taking a bath              |
| fine dining                | origami              | tarot                      |
| floral design              | outlandish behavior  | team sports                |
| gardening                  | painting             | triathlon training         |
| geocaching                 | papier-mache         | walking                    |
| getting a massage          | parkour              | wandering                  |
| getting lost               | people watching      | water sports               |
| handcrafting               | photography          | woodworking                |
| helping someone in need    | ping-pong            | writing                    |
| hobbies                    | playing cards        | yoga                       |
| hoverboarding              | playing laser tag    | Zumba                      |