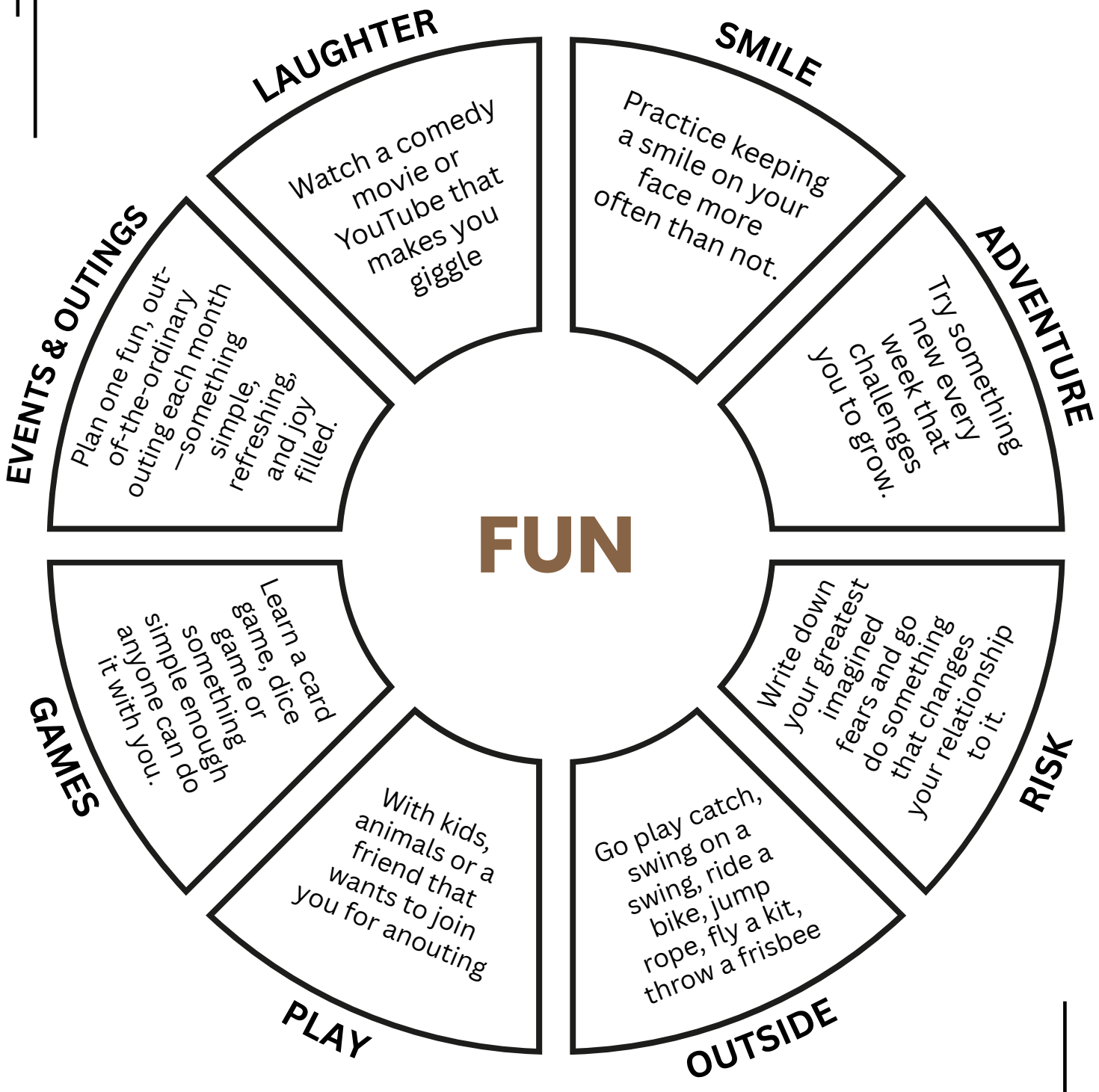

FUN
LAUGHTER
Watch a comedy movie or YouTube that makes you giggle
SMILE
Practice keeping a smile on your face more often than not.
ADVENTURE
Try something new every week that challenges you to grow.
RISK
Write down your greatest imagined fears and go do something that changes your relationship to it.
OUTSIDE
Go play catch, swing on a swing, ride a bike, jump rope, fly a kit, throw a frisbee
PLAY
With kids, animals or a friend that wants to join you for anouting
GAMES
Learn a card game, dice game or something simple enough anyone can do it with you.
EVENTS & OUTINGS
Plan one fun, out-of-the-ordinary outing each month —something simple, refreshing, and joy filled.

Fun

This section of your journey invites you to smile more, try something new, laugh out loud, and rediscover what makes your heart light. Whether it's flying a kite, watching a comedy, or dancing barefoot in your kitchen, fun fuels your soul. Let's explore ways to bring more lightness and laughter into your everyday life!

MY KIND OF FUN...

I feel most playful when I'm... _____

The music that brings me joy is... _____

I used to love doing _____ as a kid—maybe I should try it again!

The last time I truly laughed was..._____

MY FUN BUCKET LIST FOR THE SEASON

- ☐ Try something new just for fun
- ☐ Plan a mini adventure
- ☐ Watch a silly movie
- ☐ Have a spontaneous dance break
- ☐ Make something with my hands
- ☐ Other: _____

Draw, Collage, or Paste Something That Makes You Smile!

"It is a happy talent to know how to play." – Ralph Waldo Emerson

FUN

Smile

Joy is strength. Choose delight in the small, silly, sacred moments. Practice keeping a smile on your face more often than not.

WHAT MADE YOU SMILE TODAY?

Write down 1–3 things or specific moment, memory, or experience that brought a genuine smile to your face today.

Think of someone whose presence, words, or actions lifted your spirit today. Describe it here.

Draw a simple doodle, emoji, or symbol that represents how joy showed up in your life today.

"Peace begins with a smile." – Mother Teresa

FUN

Adventure

Adventure invites us to step outside our comfort zone and into growth. Try something new every week that challenges you to grow.

What new experience did you try this week?

Describe the activity, moment, or risk you took.

_____

_____

How did it challenge you?

Think emotionally, physically, or mentally—what discomfort did you lean into?

_____

_____

What did you learn about yourself?

Reflect on how this adventure shifted your mindset.

_____

_____

List 3 simple adventures you can try next week (big or small):

1. _____
2. _____
3. _____

"Life is either a daring adventure or nothing at all." – Helen Keller

FUN

Risk

Risk helps us redefine fear and find freedom in growth. Reflect on your greatest imagined fears and go do something that changes your relationship to it.

What is one fear that holds you back?

- ☐ A fear of failure
- ☐ A fear of judgment
- ☐ A fear of the unknown
- ☐ Other: _____

Where did this fear come from?

_____

_____

How did this fear impact on your life:

This fear has influenced me to... _____

_____

It shows up when I... _____

_____

What brave action could help reframe your fear?

_____

_____

How did you feel? Draw to describe the before & after.

"Fear is only as deep as the mind allows." – Japanese Proverb

FUN

Outside

Spend time outside doing something playful and lighthearted. Whether it's tossing a frisbee, swinging at the park, jumping rope, or riding a bike—choose an activity that helps you reconnect with joy, movement, and the childlike wonder of being outdoors.

PICK YOUR PLAY

Circle the activities you did this week

☐ Ride a bike ☐ Play catch ☐ Fly a kite ☐ Walk

☐ Frisbee ☐ Run ☐ Jump rope

☐ Gardening Something else:_____

REFLECTION

How did it feel to be playful outside today?

I felt most alive when...

Next time, I want to try...

SET A GOAL TO GET OUTSIDE PLAYFULLY AGAIN THIS WEEK.

Day/Time:

Activity:

Invite someone to join you? ☐ Yes / No ☐

"We don't stop playing because we grow old; we grow old because we stop playing." – George Bernard Shaw

FUN

Play

Engage in playful time with a child, a pet, or a friend—someone who brings out your fun side. Plan a small outing or spontaneous moment of joy, and allow yourself to be fully present and playful.

WHO DID YOU PLAY WITH? _____

WHAT DID YOU DO TOGETHER?

_____

_____

How Did It Make You Feel? Draw to describe how you felt while playing.

WHAT DID YOU LEARN OR NOTICE?
About yourself, the moment, or the joy of play

_____

_____

"Play is the highest form of research." – Albert Einstein

FUN

Games

Learn a simple card game, dice game, or activity that invites others to join in easily. The goal is connection through fun—choose something lighthearted, low-pressure, and laughter-inducing.

WHAT I PLAYED:

WHO JOINED ME:

Sketch the funniest or most surprising moment that happened!

Would I Play Again? Circle one

😄 Absolutely! ☐ 🙂 Maybe ☐ 😐 Not really ☐

Why or why not?

Next game I want to try:

"Play is the highest form of research." – Albert Einstein

FUN

Events and Outing

Make space once a month to do something unexpectedly fun. Whether it's a sunset drive, a backyard picnic, or painting under the stars—give yourself something joyful to look forward to. Big or small, planned or spontaneous, the goal is fun with intention.

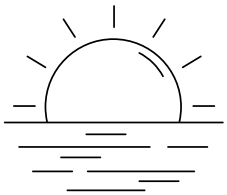
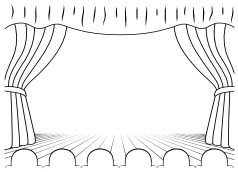
Date to Look Forward To:

What I Want to Do:

Who I'll Invite (if anyone):

BUCKET LIST BINGO

Color the activites when you've done them like a bucket list. 2 grids are left blank to draw your own.

 SUNSET / RISE WATCH	 ATTEND A LOCAL EVENT	 PAINT IN A PARK
 STARGAZING		

POSTCARD TO SELF

After your outing, write a short note to your future self:

Today I saw...

It reminded me of...

Next time, I want to try...

"Joy is the serious business of heaven." – C.S. Lewis

FUN

Laughter

Laughter really is good medicine. Choose a comedy movie, show, or YouTube video that truly makes you laugh out loud. Let yourself enjoy the silliness, the lightness, and the joy. Then, reflect on how it lifted your mood or shifted your energy.

LAUGHTER LOG

What I Watched: _____

Funniest Moment: _____

My Mood After: _____

SHARE THE JOY

Who I'll Share This With: _____

Inside Joke or Line I Loved:_____

_____

REFLECT & REPEAT

What can I intentionally do to bring more lightness into my life?

- ☐ Add to my weekly routine
- ☐ Try stand-up comedy or improv night
- ☐ Make a funny video or meme
- ☐ Bookmark a laughter playlist
- ☐ Other: _____

"A day without laughter is a day wasted." – Charlie Chaplin