



Find Your Play Zone

Finding your play zone is all about being present. For the next five days you are going to practice being present in every task you do and notice how you feel while doing those different activities.

At the end of each of the next five days, take a few minutes to fill out the table below.

| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
|-----------------------|-------|-------|-------|-------|-------|
| Most enjoyed task | | | | | |
| Most exhausting task | | | | | |
| Most challenging task | | | | | |
| Most fulfilling task | | | | | |
| Task you avoided | | | | | |

After five days of tracking your tasks, think about the life you are designing right now.

Is your design going to lead you down a path full of enjoyable, fulfilling, and challenging tasks? Are you designing a life that will enable you to play in your play zone as much as possible?