

# Setting the Environment to Flourish

## NOURISH YOURSELF WITH DELICIOUS DAILY ACTIVITIES

When you invest your time in the joys of your life, you express faith that you need not effort your way to success. Rather than deferring your happiness until you have reached your goals, celebrate life **now** while engaging in your [meaningful intentions](#).

Whether it's reading your favorite book, playing your guitar, going for a walk, playing with your kids or lover or going flying (some of my personal favorites!), the energy you get from these activities positively impacts everything and everyone you touch.

List 10 or more delicious activities you enjoy that bring you lightness and energy. Select several activities from your personal menu each day and place a check mark next to each completed activity. When you engage in the activities you enjoy, you realize that you are already living a fabulous life.

Week:

Habit	Day 1	Day 2	Day 3	Day 4	Day 5
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					