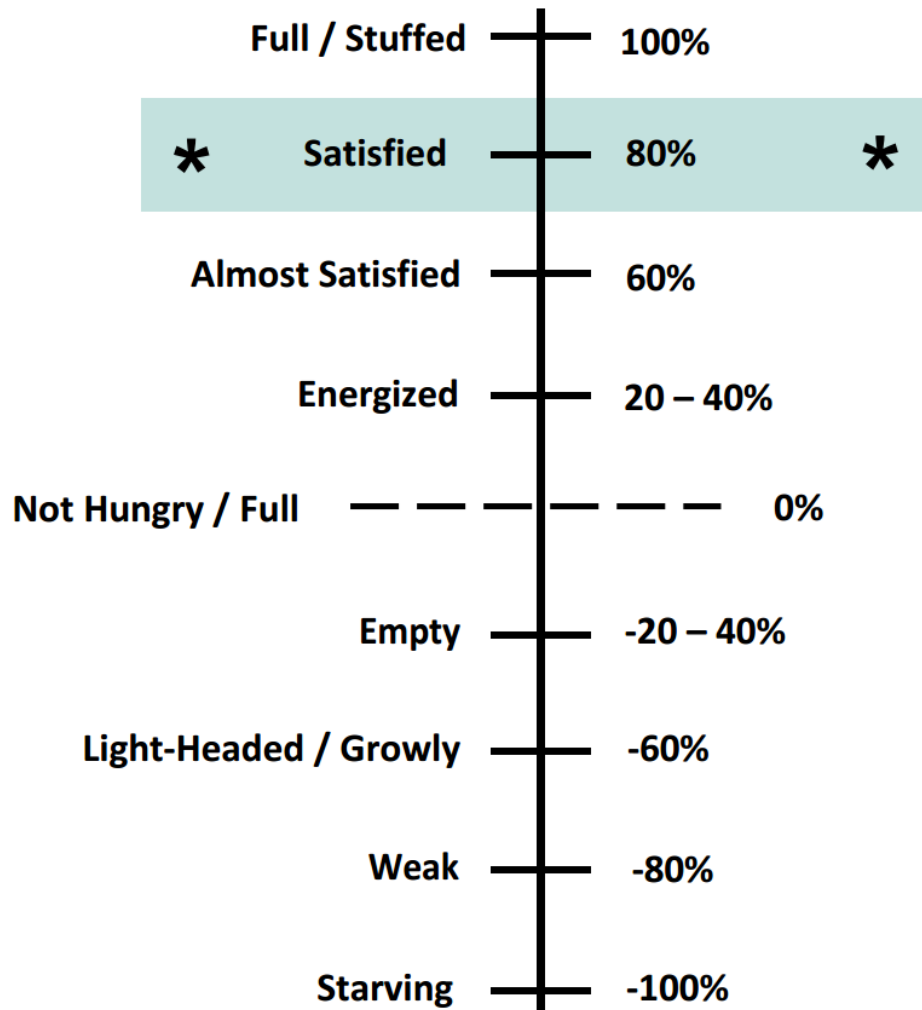


The Hunger & FUN SCALE



✚ What are your:

→ IDEAL hunger levels? Min. _____ % and max. _____ %

→ How about your FUN levels?? Min. _____ % and max. _____ %

✚ Try listening to your body to determine what each point on the scale feels like for you.

✚ Try not to go below -60% or above 80% – with your food AND fun levels.



My Top 10 Everyday Fun Activities

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Joy and Fun during Extreme Situations (e.g. Covid)

“Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful.”

~ Albert Schweitzer.

✚ Mind the definition:

HAPPINESS = the *state* of being happy.

JOY = a *feeling* of great pleasure and happiness.

✚ What gives you more joy – being at your travel destination or the excitement of preparing and planning for it??

→ You can always bring yourself into a state of happiness, joy, excitement.

List 5 ideas of how you could do that:

-
-
-
-
-

✚ **Create JOY, it will bring you happiness. True, inner happiness.**

→ **Create HAPPINESS, it will bring you success. Long-term success 😊**

(After all, people want to be around happy, joyful people, right?)



Tips for Sensual Working

Environment

- What environment are you creating for yourself when you work?
→ Candles? Favorite china or tablecloth? Drinking out of a special goblet instead of water glass?
- When you work, your environment plays a big role – which is why working in a cubicle of a corporate job can be so stressful and/or boring.
- Take a couple of minutes before you start working to “set the stage” for the next hours of work following the tips below.
- You might think “But it’s just me – why would I go to all this trouble of having a beautiful work environment?”
→ Excellent question! I ask in return “Who better to treat so luxuriously and lovingly than yourself?”

Sight:

Bring color into your work environment with your favorite photos or pictures or other pieces of decoration, maybe you can have a view of the nature by sitting next to a window, or even better — work outdoors.

Smell:

Put your favorite perfume on or add essential oils into your work environment, then bring it up to your nose as if you’ve never smelled it before and inhale.

Sound:

What stimulates your brain? What raises your energy and motivates you?

For some, it could be classical music, for others, soothing sound of ocean waves. Find your stimuli and create your favorite playlist to have it at your fingertips.

Taste:

Do you like a special coffee/tea/juice? Have it before you start working or during your break. Take it as a sign of gratitude towards yourself for nourishing yourself in the best way possible. While you work, indulge in water that has been infused with fresh fruits or vegetables for a fuller taste.

Touch:

What’s the texture of your work equipment? How do your clothes feel on your skin?
What are the materials of your anchors?