

citrus coaching solutions

Twenty Things

Step 1

Make a list of 20 things you like to do. That's the only rule. It doesn't matter how trivial some of them may seem to you (like "eating ice cream") and it doesn't matter WHY you like to do them. If you get down to nineteen and you're really desperate and can't think of one more, put "scratching when it itches." Anything.

Step 2

Next, make a simple chart. In the "down" column on the left-hand side, write the things you like to do, one through twenty, in whatever order they come into your head. Don't bother trying to rank them in order of preference, because that's impossible.

Step 3

In the "across" column along the top, write the following questions (turn the paper sideways and write them vertically to make more room):

- How long since done?
- Costs money or free?
- Alone or with someone?
- Planned or spontaneous?
- Job related?
- Physical risk?
- Fast or slow-paced?
- Mind, body or spiritual?

Step 4

Once you have filled out your chart, see what patterns you can find. What did you learn about yourself . . . the kind of life you're living now . . . and the kind of life you'd love to live?

**From [Wishcraft, How to get what you really want](#), by Barbara Sher, Anne Gottlieb.*