



GOLDINAGE - Finding Your Joy Activity

Do this quickly. Write down the first answer that comes to mind, without judgment. There is no wrong answer. Ever.

- What do you do when you procrastinate?
- If you had \$200 each month to spend on an activity, experience, or service that would bring you joy, what would it be?
- If you had \$200 to donate each month – where would it be donated and why?
- What advice do your family/friends seek from you most often?
- Think about the last time you laughed really hard – what were you doing? Who were you with, if anyone?
- If you were left alone in a lovely cabin/loft/boat (whatever secluded place of your choosing) for 24 hours...what would you do? How would you be?
- Who is your (real or fictional) mentor/role model? Why?
- What do you love about yourself?
- If you could take or teach a class on any topic what would it be?
- What job/career/role/identity would you like to explore for, say, a week?
- Who looks up to you the most? Why?
- If you had to write a 2–page book – what would it be about?
- What’s something you did in the last year that surprised you?
- If you didn't have a care in the world, who or what would you choose to care about?