**Why Don’t You Do What You Enjoy?**

This is just one of the exercises from the book Be More Kid. To gain maximum benefit, it should be carried out in conjunction with reading the book and as part of the other Be More Kid exercises.

It’s okay not to be okay sometimes, yet take care that not being okay doesn’t become a permanent way of life.

When life gets busy, there can be lots of reasons why we don’t do the things that we enjoy and it’s doing those things that are important to us that bring enjoyment and give life meaning.

Carry out the following exercise to bring into your awareness those things that you enjoy that you are not doing and the reasons for not doing them as often this is outside of awareness.

Once brought back into awareness you can then make sure that you make time to do them and deal with anything that has previously got in the way.

**Ask yourself this question: What is it that you enjoy doing that you don’t do? Make a list of all the things that are important to you that you make excuses for not doing.**

**Now go back through your list and write next to each the reason you don't do it, including any emotions that you think get in the way, e.g. fear or guilt.**

**Next choose your top 3 things from your list and rank them in order of importance to you.**

**Starting with your number 1 from your list, create a plan to start doing it. Even if you are not able to do it currently and it is something that needs to be done e.g. at a particular time of year, make any necessary enquiries now, decide on a date and put it firmly in your diary.**

**If you don’t have a diary, buy one and use it! This could be one of the reasons that you never get round to doing what you enjoy, it may be a planning issue ☺**

**Do the same with number 2 and number 3 from your list.**

**This is a great starting point and will give you some things to look forward to without overstretching yourself.**

**Keep your original list and review every 3 months, repeating the above process.**