



THE HIGH FIVE LIFE

MAKE ROOM FOR FUN



THE BIG QUESTION: Does enjoyment always have to wait?



YOUR MISSION: Notice what you enjoy. Give it a place this week.

1 REMEMBER THE GOOD STUFF

When did I last enjoy myself without watching the clock?
What was I doing, and who was there?

2 QUESTION THE RULE

What do I tell myself must happen before I can have fun?
Is that rule serving my life?

3 NAME MY KIND OF FUN

What sounds enjoyable now: play, making, exploring, connecting, or quiet time?

4 NOTICE THE AFTERWARD

Which activities leave me glad I chose them?
Which feel like a default I drifted into?

5 MAKE ROOM

What small space could I give to enjoyment this week?
What could wait, shrink, or become more playful?

A FEW WAYS IN



PLAY

A game, a silly moment, a small adventure.



MAKE

Cook, draw, build, or try something.



CONNECT

Share a laugh or enjoy someone's company.

6 KEEP WHAT WORKS

After trying it, what did I enjoy?
Would I do it again, invite someone, or try something different?

ONE MORE THOUGHT

What would more room for fun look like in an ordinary week?

MY NEXT STEP

One specific action I choose:

When:



GIVE ENJOYMENT A PLACE IN AN ORDINARY WEEK.

