

Categories of Activities

General Doing	Input	Ideas- Purposefully seeking specific information to improve your life	
		Random - Social, TV, Web Surfing	
	Output	Creative	
		Processing - laundry, email, dishes, the garbage	
Doing	Reflection	Assimilating new ideas.	
		Review of where been, are, want to go	
		Absorbing the good in life	
		Listening & knowing yourself, your body, mind, spirit	
	Work	Home	Output - creative, processing
		Career	Output - creative, processing
		Volunteering	
		Parenting	Creative, Processing
	Planning	Your Daily activities -Prioritizing (what method use?)	
		Your Food	
		Your Intentions for your day	
			Your mood
	Reacting	Reflexive	
		Thoughtful	
Being	Caring	Being present with others - 100% listening, 100% compassion, non-judging	
			Friends
			Children
			Family
			Spouse
			Coworkers
	Restore Mind	Mindfulness	Meditation
			Music
			Dancing
			Walking
	Restore Body	Rest	Sleep
		Eating -Nourishment	