Genius Network® Fun Time Tool

GENIUS NETWORK®

Finding time for fun and rejuvenation is critical for living a good & healthy life.
Use this tool to identify what "fun" times are for you, and how to have more of those times.

Name _____ Date _____

People I Have Fun With *(Family, friends, community groups, etc...)*

My Fun List *(What is fun for me.)*

What I enjoy doing...	With myself or others...	How often I've done this in the last 6 months...	How often I want to do this in the next 6 months...

OBSTACLES that keep me from having more fun.

SOLUTIONS to overcome these obstacles.

Fun Action Plan: Actions to take to create more **Fun Times** in the next 90 days.

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