

A Free Saturday

Use one open day to find out what you actually want more of.

WHEN TO USE THIS

Use this when you have time off coming and no idea what to do with it.

Nobody needs anything from you on Saturday. What do you do first?

Tick anything that sounds good right now.

- ☐ Sleep in with no alarm
- ☐ Get outside for a while
- ☐ See one person I like
- ☐ Finish something half-done
- ☐ Make something with my hands
- ☐ Go somewhere I have not been
- ☐ A day with nothing planned

What did ticking those tell you about what you have been missing?

Which one could you fit into the coming week, even in a small way?

What you reach for when nothing is required is worth paying attention to.