

Things That Used to Matter

Find one thing you have let go of, and see if a small piece of it can come back.

WHEN TO USE THIS

Use this when you notice you have stopped doing things you once liked.

Things you used to do that you have not done in a while.

Big or small. Cooking, calling people, music, being outside.

1. _____
2. _____
3. _____
4. _____
5. _____

Circle one. Why did that one stop?

What is the smallest piece of it you could do this week?

Ten minutes of it counts. Half of it counts.

Be honest: how much do you expect to enjoy it?

0	1	2	3	4	5	6	7	8	9	10
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Not at all Quite a bit

It may not feel the way it used to at first. Doing it anyway is how it comes back.