



Love & Loathe List Exercise



Are you surprised by the number of things you love and/or loathe? **What do you first notice?**

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Take a closer look. What **common threads and patterns** do you begin to notice?

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.....

What else would you like to make a note of here?

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.....

So, if some ideas were to spring to mind, **how could you REDUCE doing what you LOATHE** or make doing it **a little easier or more pleasurable?**



1.

2.

3.

And now brainstorm some **ideas of things you could do to INCREASE doing what you LOVE**. Just whatever pops into your mind for the moment:



1.

2.

3.

Stuck? Here are some thought starters:

- Find someone who LOVES to do what you loathe, then barter with them offering to swap and do something for them that you enjoy but they don't.
- Add pleasant components to the things you loathe doing. Think of all 5 senses eg. Listen to an inspiring teleclass, music or wear cashmere while you do that dull, loathsome or repetitive task.
- Reward yourself when you complete an unpleasant task with something small but pleasurable like high quality chocolate, a nice cup of tea and a sit down, or a soak in the bath.
- To increase doing what you love, could you volunteer for a project or ask for more, similar tasks in the future? Could you get less pleasant tasks done first and spend longer on the good stuff?
- Where do you 'waste' time on activities like unnecessary email, social media or television that could be spent doing something you truly love?

Finally, what will you do with this information? What are your next steps? (pick at least one)

Action _____ **By When** _____

Action _____ **By When** _____

Action _____ **By When** _____