# Inline image 2

# Pathways to Wellness Practices: Finding Fun

“…there is no greater sign of a fool than the thinking that he can tell at once and easily what it is that pleases him. To know this is not easy, and how to extend our knowledge of it is the highest and most neglected of all arts and branches of education.” Samuel Butler

1. What activities did you enjoy as a child?
2. What was the most fun you had last year? Why?
3. How do you know when you are having fun?
4. List activities that are *real* fun for you (not self-improvement, trends, social “should”).
5. How often have you engaged in one of these activities in the
   1. Last month?
   2. Last year?
6. When in your schedule could you fit in one of these activities?