

LIFE CRAFTING

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This Life crafting exercise is adapted from Prof Schippers' **Life Crafting Challenge** [30 min] for the **SWITCH CHALLENGE** (Switch To Health and Wellbeing)

1. **What are your hobbies, activities, things you liked to do as a child, things that give you energy?**

2. **What are your positive characteristics and your developmental areas (things you'd like to improve)?**

3. What will your future look like if you don't use your full potential or make any changes to your life now?

4. Imagine anything is possible, what would your ideal future look like? (think about your health, career/education, family/ social life, spiritual life)

5. Describe 1-2 **ACTIONS** you would like to pursue based on what you value in the following areas (physical and mental health, career/education, family/social life, spiritual life). Skip an area if you are content with it.

What are the STEPS you will take to fulfil your values?

Area	ACTIONS	Step #1	Step #2	Step #3
Health (Physical & Mental)	Action #1:			
	Action #2:			
Career/ Education	Action #1:			
	Action #2:			
Family/ Social life	Action #1:			
	Action #2:			
Spiritual life	Action #1:			
	Action #2:			

6. Prioritise your ACTIONS. Start with the most important actions in each area. How much time will you spend on each one every week? Write your actions and stick them where you need them.

Slot your STEPS in your weekly schedule.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							

7. What are potential obstacles you may face in following through with your ACTIONS? What can you do if faced with these obstacles? (If I encounter obstacle A, I will do action B)
