

“100 Things I Love to Do”

by Dennis Hooper, copyright © 2008, published Sept. 8, 2008 in Savannah *Business Report and Journal*

Looking for an interesting activity? You may choose to do this alone, at least initially. However, the activity is more stimulating and more fun with a friend, your husband or wife, or with trusted colleagues and team members.

Consider leading a fun family activity for an evening or a Sunday afternoon.

Direct each person to take out a piece of paper and label it at the top “100 Things I Love To Do!” Then have each person list everything he or she can think of! Easy to do? For a few folks, maybe. But you’ll find that many will have difficulty naming a hundred activities!

So, pause periodically, and let each individual in turn share a few of his or her most enjoyable activities. Encourage everyone else to add to their lists any new ideas that are inspired by what they hear. It’s desirable that people add to their own lists the activities that others have identified. What you’ll observe, however, is that people will springboard off the ideas of others.

Do you desire a balanced, joy-filled life? Do you want those under your authority to frequently search out and engage themselves in the things they love to do? Do you believe that if people are engaged in life outside of work, they will engage themselves when collaborating with their team members?

Or do the pressing demands of daily responsibilities often consume you and your team members? Take time to generate this reminder list for yourself and with those you influence. Have everyone stick their lists up somewhere visible, to look at and ponder occasionally.

Kick back and relax a bit as you reflect on what you love to do. Then commit to building the time to enjoy these enjoyable activities into your schedule!

You may want to put this article aside for the moment and start generating your listing now, before you read any further. The rest of the article offers a variety of different perspectives on the things you love to do. Hopefully, you’ll enjoy recalling additional things you love to do!

When I work with individuals to create their lists, I let them go until they run out of gas, then I use what follows to further stimulate their thinking.

Here are some different aspects you might consider as you add items to your list:

- Are there activities that you do alone as well as activities shared with other people?
- Are some items job-related and some clearly not associated with work?
- Are some activities spontaneous while some require planning?
- Do some items fire you up and some activities allow you to unwind?
- Are some of the activities fast and active while some are slower and more relaxed?
- Are some activities pulling you into your desired future while some evoke memories from your childhood?
- Do some activities occur outdoors and some indoors?
- Do some activities involve your physical body, some stimulate your emotions, some engage your mental capabilities, and some stir your spiritual linkage with God?
- Is there someone close to you with whom you should share this list? Consider asking her or him to stimulate your thinking with additional thoughts.

One of the things I love to do is to share ideas that stimulate and encourage you, the folks who read my articles. I hope that by building this list with someone who loves you and knows you well, you will rediscover some very satisfying and enjoyable opportunities!

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