

PURPOSE WELLBEING EXERCISE

20 Things You Like to Do



List 20 things you like to do. These can be personal, related to academics, or to work. Think about when you last did these things, their cost, if it's something you do alone or with others, and if it's usually planned or unplanned. After you are done, look for any patterns or commonalities. How can this exercise help you find purpose in your life?

WHAT YOU LIKE TO DO	Last Done	Free or Costs \$	Alone or Social	Personal or School/ Work	Planned or Unplanned
1)					
2)					
3)					
4)					
5)					
6)					
7)					
8)					
9)					
10)					
11)					
12)					
13)					
14)					
15)					
16)					
17)					
18)					
19)					
20)					