

LIFE PILLAR: FUN WORKSHEET



1. Last Year Reality (circle one): Running on Fumes | Adequate | Supported

How did the fun pillar function in my life last year?

What did last year show me about the role of fun, joy, play, laughter, or lightness in my life?

Where was fun present?

Where was fun missing or postponed?

2. My commitment to this pillar for the year is:

Small ways I can support this commitment:

- 1.

- 2.

- 3.



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3. What does fun mean to me in this season of my life?

What kinds of fun feel aligned with my values now?

What kinds of fun no longer feel right for the life I am building?

4. Blocks Around Fun: What beliefs or habits keep me from making room for fun?

Do I treat joy as something I can experience now, or something I have to earn later?

Where has life become too serious, too tight, or too focused on obligation?



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5. Fun vs. Escape: What activities genuinely restore me?

What activities help me numb, avoid, or disconnect?

What does aligned fun look like for me?

6. Simple Action Plan - One way I will bring more fun into my life this month:

One thing I can schedule instead of leaving it to chance:

One person I can connect with for laughter, play, or enjoyment:

One small joy I can return to regularly:



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7. Closing Intention:

One specific action I will take is:

One belief I am willing to release is:

One form of joy I am willing to allow now is:

Fun is not separate from an intentional life; it is part of what helps sustain it. As you complete this worksheet, remember that joy does not have to be earned through exhaustion, perfection, or productivity. Small moments of laughter, beauty, connection, play, and delight can strengthen the whole structure of your life. Let this month be an invitation to make room for what restores you, lightens you, and reminds you that your life is meant to be lived, not only managed.

