The Rebuild Joy Check-in

Two small exercises to make room for what matters.

1 Look at your week

- List the activities that take up your time.
- Mark each as meaningful, enjoyable, neither, or a combination.
- Notice what is missing or taking more time than you would like.

Activity	Meaningful	Enjoyable	Neither	Notes
	☐	☐	☐	
	☐	☐	☐	
	☐	☐	☐	
	☐	☐	☐	
	☐	☐	☐	
	☐	☐	☐	
	☐	☐	☐	
	☐	☐	☐	
	☐	☐	☐	
	☐	☐	☐	
	☐	☐	☐	
	☐	☐	☐	
	☐	☐	☐	

Tick more than one box where an activity fits more than one category.

2 Make one change

1 What is one enjoyable thing you would like to do?

2 When will you do it?

DATE

TIME

3 What might you move, reduce or delegate to make room?

4 After seven days: did you make room? How did it feel?