





This planner is for **Y♥U** and the sparkly, fun-loving person inside of you. It's a space for you to think, **PLAY** and *let your mind go free!* There is no right or wrong way to answer the questions or do any of the exercises. Just kick back, relax and enjoy!

Here's to having fun!

♥ Laura

~ Your FUN Profile ~

What does the word “fun” mean to you?

What does “fun” feel like to you?

When was the last time you had fun?

What were you doing the last time you had fun?

What made that time so much fun? Was it the people? The place? The food?

How will your life be different if you had more fun?

Who is the most fun person you know?

Who are other fun people/people who you like to have fun with?

What makes these people so much fun?

How do you feel when you are around them?

Does it feel more fun to plan activities by yourself or with others?

How much time are you willing to devote each day to the fun challenge?

Brainstorm!

Here's a space for you to brainstorm ideas of fun things you would like to complete in the next week. Refer to the inspiration list for ideas and also create some of your own! Think about things you have always wanted to do but never have had the time to make happen. Put it on the list!



The Master Plan ~ FUN Plan ~

Now the fun begins! Below we are going to map out the next seven days of the what and the when of your week of fun! This will act as a guide for you to create the time needed to add fun into your daily life.



Fun of the Day:

When will it Happen:

Ranking of how I liked it (1-10):

1 2 3 4 5 6 7 8 9 10



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Congratulations!

YOU DID IT!!!

Now is the time to look back over the week and see what fun activities you liked best. Was it outdoor activities? Time with others? Trying new things? Being creative? Notice the rankings you gave to each day. What themes do you see in what you liked best?

Brainstorm

Brainstorm more fun activities based on your answers above. Schedule the time in your day to make these things a part of your life. Remember the themes of fun that really energized you like being outdoors, being with certain people or doing certain activities. Brainstorm more ideas around those themes and keep this list handy for anytime you need some fun inspiration to motivate you!



I'm Laura, a Master Life and Weight Loss Coach for capable, bright, *Amazing Women* who have lost their spark. I teach them how to lighten up, *have more FUN*, and take life less seriously! If you're ready to get off the hamster wheel of life and enjoy life more, I can show you how.

 *Laura*
Laura Rosenberg
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