

CAREGIVER MASTERY: STAYING CONNECTED TO SELF JOY LIST

Things I like to do:

Play cards (solitaire counts if you enjoy it.)
Have one glass of favourite wine.
Sit in nature/go to a park.
Go to a movie.
Cycle/walk/swim – pretty much any sport or exercise if you enjoy it.
Listen to music.
Watch a favourite TV show (keep TV time limited.)
Play a game: board game, online, etc.
Look up positive things on the internet.
Read a book.
Scrapbooking.
Bake/cook
Have a nap
Spending time with a pet.
Sitting in the sunshine
Going for a drive (perhaps with loud music? With the windows down?)
Getting/giving hugs
Meditation/relax time
Playing a musical instrument
Painting/pottery/other visual art
Singing

People I like to connect with:

After hours get together with co-workers.
Clubs/organizations
Family: Sister, Brother, cousin, parents, children. (List names and phone numbers)

Friends I like to connect with:

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My Joy List

KEY: \$-Costs Money / ♥ - Do with my mate / S/P – Spontaneous or Planned
A/P – Alone or With People / 5 – I’ve done in last 5 years / When I will do it

Things I Like To Do	\$	♥	S/P	A/P	5	When

People I like to connect with: After hours get together with co-workers. Family: Sister, Brother, cousin, parents, children Clubs/organizations,. (List names and phone numbers)

Friends I like to connect with:
