



GIVE YOURSELF A FUN BOOST AND HELP SPREAD A POSITIVE VIRUS

Have fun answering each of the following questions of yourself

1. **I remember thoroughly enjoying myself when...** describe an event/interest/occasion - physical, intellectual, social, spiritual, alone, with family, or with friends, that was so enjoyable you forgot everything else for a while:

.....

2. **The reason/s it gave me so much pleasure include:**

.....

3. **Key words to describe how I felt during the experience include:**

.....

4. **The good feeling didn't stop there. For some time afterwards I continued to feel:**

.....

Tick the relevant box indicating the extent to which this exercise has boosted how you feel about yourself:

	Same	Higher	Much higher
Self-esteem	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Self-confidence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Self-belief	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sense of self-worth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Generally, right now, I feel **no better** **more positive** **much more positive**

Would regular 'doses' of these feelings help you to stay positive and cope better with life?
 Think of other (passionate) interests you do/could enjoy that would give you these feelings?

When you lose yourself in an interest you love, you find yourself.

Be positive! Lose yourself **often** in a passionate interest.

It isn't a matter of time management but of energy management.

A few minutes of 'flight' can sustain a day of 'fight' if, during that time, you allow your inner self to enjoy the freedom of self-expression – physically, mentally, or spiritually

Help stem the virus of fear and negativity.

Passionate enjoyment is infectious.

**Invite others to pause for a FUN BOOST and inject a dose of enjoyment into a new, positive virus.
 With millions of 'butterfly wings' flapping, we can set off a global tornado of economic recovery.**

**You can learn more and do more for yourself and others by going to
<http://www.workleisure.com/ButterflyWings.htm>**