

The Wild Toolbox

Improving emotional energy by doing "what I like doing"

Instructions

1. Share this document with your team prior to your team meeting or bring copies with you to the meeting.
2. Have everyone complete the table. You may want to play some music while they complete it.
3. Have everyone share some of their reflections.
4. To create a greater level of reflection, you could ask:
 1. What did you learn while going through the process?
 2. What's going well?
 3. What could you do more of? What impact do you think that will have?
5. Ask the team to commit to one activity they enjoy doing over the course of the next month. Encourage everyone to make sure they make this activity a priority.

What do you enjoy doing...	How many times have you done this over the past week?	Over the past month?	When could you do it next?
At work			
At home			
Alone			
With your partner			
With a best friend			
With your parents			
With each of your kids			
When you were a kid			
10 years ago			
While listening to music?			