

## Your Fun Plan - Putting The Smile Back Into Your Role

<b>Like Doing</b>	<b>Dislike Doing</b>
These are the things I love doing	These are the things I dislike doing
And this stops me doing them	And I do these because

<b>Fun Plan</b>			
<b>These are the tasks I'm going to STOP doing</b>	<b>Who's going to do them instead?</b>	<b>When (Date)</b>	<b>Complete (✓)</b>
<b>These are the things I'm going to do (either more of or start doing)</b>		<b>When (Date)</b>	<b>Complete (✓)</b>