

HIGH LEVEL SATISFACTION

YOUR MISSION: (Should you choose to accept it...) is to build memories that are positive and inviting – and develop the habit of having satisfying days.

SATISFACTION: is a feeling, internally, that you have enjoyed doing/ experiencing something. It is individual – i.e. determined by you.

THE STEPS:

1. Take 5-10 minutes at the end of each day to do the following exercise:
On a scale of 0-10, with 10 being the highest level –
 - Reflect on your days activities
 - Think of at least 2 or 3 memories of the day that are at a score of 7 or above (high level satisfaction) to you personally.
 - Savour the memories and notice what was particularly satisfying about them.
2. If you have trouble remembering or experiencing events of the day that are high level satisfaction (7 or above) – think of an incident that had some satisfaction and think of what you might have done to make it a higher level of satisfaction e.g. took dog for a walk = satisfaction level 5. I could have... taken a different route and slowed down to enjoy the scenery = satisfaction level 8.
3. Think of activities in your next day – what activities, moments can you build (plan) in that would be high level satisfaction? Make sure you build them into your day so you will have some good memories that are high level satisfaction at the end of the day.
4. During daily activities, notice what things you can do, or from which you can change state to a higher level of satisfaction in whatever you are doing e.g. washing dishes – whistle while you work.