Love & Loathe List Exercise

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Get happier at work, at home or in life. This deceptively simple exercise helps you bring MORE of what you love and CUT OUT what you loathe in your life. It will help you get very clear on what to look for and what to avoid currently - or in your next job or career. Or use this exercise to clarify what you want at home or in life.

INSTRUCTIONS:

- Over the course of a week or so, make a brief note in the appropriate columns below whenever you feel great (are doing something you LOVE) or are miserable (doing something you LOATHE). The more specific you can be the better.
- If something comes up several times, put a tally mark or number next to it. **Make sure** to identify/count each separate instance.
- If you want to use this for work/career and aren't working at present, think back over a typical week at your past employment/s, imagining your activities day by day, and remember what you loved and loathed.

LOVE – you feel great, look forward to doing it, or simply enjoy it immensely. Be specific!	**LOATHE** – you feel terrible, dread or just hate doing this thing. Be specific!
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Are you surprised by the number of things you love and/or loathe? **What do you first notice?**

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Take a closer look. What **common threads and patterns** do you begin to notice? .....

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What else would you like to make a note of here? .....

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So, if some ideas were to spring to mind, **how could you REDUCE doing what you LOATHE** or make doing it **a little easier or more pleasurable?**

1. .....
2. .....
3. .....



And now brainstorm some **ideas of things you could do to INCREASE doing what you LOVE**. Just whatever pops into your mind for the moment:

1. .....
2. .....
3. .....

Stuck? Here are some thought starters:

- Find someone who LOVES to do what you loathe, then barter with them offering to swap and do something for them that you enjoy but they don't.
- Add pleasant components to the things you loathe doing. Think of all 5 senses eg. Listen to an inspiring teleclass, music or wear cashmere while you do that dull, loathsome or repetitive task.
- Reward yourself when you complete an unpleasant task with something small but pleasurable like high quality chocolate, a nice cup of tea and a sit down, or a soak in the bath.
- To increase doing what you love, could you volunteer for a project or ask for more, similar tasks in the future? Could you get less pleasant tasks done first and spend longer on the good stuff?
- Where do you 'waste' time on activities like unnecessary email, social media or television that could be spent doing something you truly love?

Finally, what will you do with this information? What are your next steps? (pick at least one)

Action _____ **By When** _____

Action _____ **By When** _____

Action _____ **By When** _____