

## Weekly “Did It!” list, for staying happy :-)

Date: \_\_\_\_\_

Activity/Task	1	2	3	4	5	6	7	bonus!
Fiction writing								
LivAnyway writing								
Science writing								
Other writing projects <sup>1</sup>								
Bill paying								<sup>2</sup>
Credit management tasks								“
Budget updates								“
Inc: doc kits, essays/short stories								
Inc: cottage indust								
Inc: advocacy								
Walking								
Swimming								
Paddling								
Calisthenics								
Weights								
Stretching								
Qi gong								
T'ai chi								
Reiki								
Aikido								
Meditation								
Journeying								
Journaling								
House projects (see list)								
One-off projects <sup>3</sup>								
Epsom bath								
Hair washed								
Shower								
Teeth								

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### Key:

<sup>1</sup> Other projects include:

a) whatever you want

<sup>2</sup> Once caught up, change total time to one hour a week of checking and updating.  
Until then, need to put 4 hours per week in.

<sup>3</sup> One-off projects include:

- a) arranging **trips**,
- b) prepping for **doctor visits**,
- c) **concerts & parties**,
- d) etc.