



15-MINUTE MAGIC EXPERIMENTS CHECKLIST

Use this checklist to mark off each of the 15-minute experiments as you complete them.

- 1 Excuse yourself from your life for a day
- 2 It's the little things
- 3 Focus on your fabulous
- 4 Your wish list
- 5 Find your failures
- 6 Today is special
- 7 Create an uplifting Playlist
- 8 Ask for help
- 9 Heartfelt thanks
- 10 It's your choice
- 11 Be proactive
- 12 Be your own best friend
- 13 Let it go
- 14 Playtime
- 15 Pay yourself first
- 16 Love bomb
- 17 Have you finished
- 18 Book it in
- 19 The Momentum Map™
- 20 Tackle that hotspot
- 21 Do something (you think) you're hopeless at
- 22 Lean in to joy
- 23 Pick your battles
- 24 You're one of a kind
- 25 When less is more
- 26 Create a memory jar
- 27 Use it or lose it
- 28 Get some perspective
- 29 Just the next step
- 30 Ho'oponopono
- 31 Pick your path
- 32 Stuff
- 33 Strike a pose
- 34 Pay it forward
- 35 Name your adventures



I DON'T HAVE TIME
15-MINUTE WAYS TO SHAPE A LIFE YOU LOVE

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