

*Your Ideas for the Pursuit of Happiness*

# FUN LISTS



Created by

**GUY AND TERI CHADWICK**

F U L F I L L E D   B Y   Y O U

*Fun Lists: Your Ideas for the Pursuit of Happiness*

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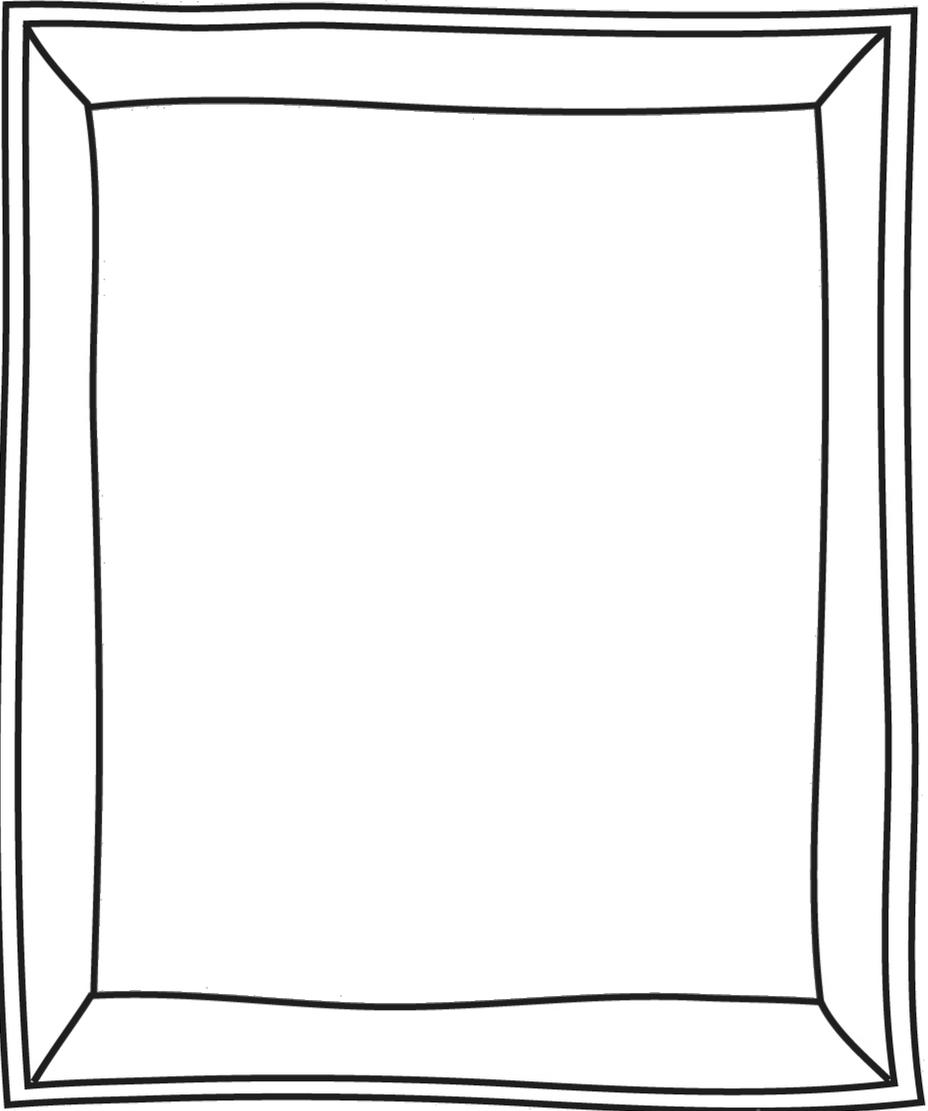
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# BOOK OWNER

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DATE: \_\_\_\_\_

*Doodle your self-portrait here.*



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# **DEDICATION**

This book is dedicated to our loving parents, our great kids, our extended family and dear friends, and our beloved Keller!

# PRO-LOG

“We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.”  
— Declaration of Independence, July 4, 1776, 1st Article, 2nd Paragraph

**W**ow! It is a founding principle of our nation to pursue happiness.

Have you ever been asked, “What do you do for fun?” Do you have a hard time answering the question? Perhaps you don’t feel like you have time for fun. Or, maybe you don’t think happiness is in the cards for you. Have you fallen into a routine and need some new ideas? Perhaps you have some fun, but not nearly enough. And, oh no, maybe others accuse you of being *no fun!*

This is a practical logbook filled with thought-provoking ideas for all kinds of fun to improve your happiness, which will affect the happiness of those around you, and, therefore, make the world a better place!

We suggest you not rush through these pages. Take it a chapter at a time. *In fact, there are 30 chapters, so you can have fun with one chapter a day for a month!* Each chapter is arranged to focus your creative thoughts in a specific area with its own unique potential for fun. Write out your ideas by yourself or join with friends and family and make it a group exploration. If you are recently married or newly retired, this can be a great way to start off a new chapter in your life.

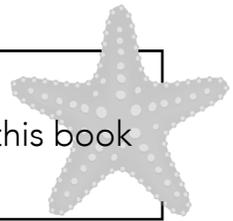
Be warned: we are going to hit you with a massive arsenal of incredible happiness tips—even the most fortified against fun will melt under our assault. And, for those already more inclined to happiness—we have lots of ammo for you, too. You can’t have too much of this good thing!

You may be aware of the concept of a bucket list, which we discuss in Chapter 2. We encourage you to dream BIG. But it is also important to think *small*—we will cover the nuances of everyday life, too. Every part of your life—BIG and small—can be more fun and provide more happiness.

As we mentioned, *FUN LISTS* can be an excellent exercise to work on as an individual, together as a couple or as a family, or with friends. Discussing your fun ideas is a great way to learn about each

## HAPPINESS TIP

Working on your special *FUN LISTS* throughout this book will make you happy.



other, discover surprising creativity within you, and help each other on the pathway to more happiness.

*A note regarding your interaction with FUN LISTS:* Try not to make your dreams dependent on winning the lottery or keeping up with the Joneses. It's not about comparing yourself with others and wishing you have what they have. You have all it takes for a fun-filled happy life!

However, unexpected events can happen in our lives.

*A few years ago my mom died during a surgical procedure but was resuscitated on the operating table and miraculously recovered. Within a week of her release from the hospital she went to a casino. After just a few minutes on a slot machine, she won a \$100,000 jackpot! She took our extended family out to an extravagant restaurant and also gave nearly all the money away by dividing it up among her many kids, grandkids, and other friends and relatives. The chances of that happening are remote. But, it was fun for the whole extended family. And, she had a lot of fun giving it away (see Chapter 29).*



Imitating someone else is not as fun as thinking of those things that really fit you. Making lists that fit your personality and dreams will further your pursuit of happiness and make the world a better place, too.

Prepare to receive lots of inspirational strategies on every page of *FUN LISTS*. We have no doubt your personal *FUN LISTS* will be unique and fun—even life changing.

# STARTING YOUR FUN LISTS

First, grab a fun writing instrument in your favorite color and get ready... Actually, there are several ways for you to proceed:

1. Use this logbook so that you can enter your fun ideas directly onto the list-lines provided in each chapter.
2. Start your own *FUN LISTS* on your phone by using a list app.
3. Get an old-school spiral notebook and use it as a *FUN LISTS* journal.
4. Start a new *FUN LISTS* word doc on your PC.
5. Set up a dry erase board or chalk board in your home or office.

Whichever way you choose, start by entering your name and the date at the beginning of this book or at the top of your list. This will help you in the future to know when you began to write your fun ideas. In fact, you will find it helpful to either carry your *FUN LISTS* book with you everywhere, or have some sort of list tool with you when new, FUN ideas pop into your head.

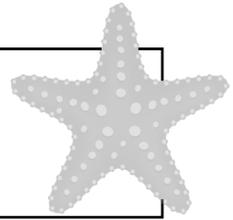
You can list do-able and maybe not-so-do-able items. Both are allowed. The sky is the limit. As Buzz Lightyear famously said, "To infinity and beyond!" Think outside the box. If making a basket with a piece of trash is fun, you can write that down. If you think swimming the Pacific Ocean from California to Hawaii alongside your Boxer, Fido, would be fun, you can write that down too. You can have fun just thinking about your ideas even if you never end up fulfilling them.

Be creative, but don't forget to include simple and obvious do-able things. Life is full of simple pleasures. *Not taking good things for granted, no matter how small, is a good start in pursuing happiness!*

Let's begin—list 10 things that pop into your head for your first *FUN LIST*. No rules. We will call it *practice*. Feel free to list things all over the map. Random selections. You will be creating many more wish lists in lots of different categories throughout this book, so this is just the beginning. *READY, SET, GO!*

## HAPPINESS TIP

Think about (and list) both do-able and not-so-do-able fun things—no limits!



## MY FIRST FUN LIST

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_
- 8 \_\_\_\_\_
- 9 \_\_\_\_\_
- 10 \_\_\_\_\_

*Doodle space:*

# OWNERSHIP GOALS

Ownership Goals can include such items as owning a yacht, a European villa, a Ferrari, a Learjet—a lot of people like to dream BIG and well beyond their current means. These ambitions may be on many Bucket Lists and become our symbols for what it means to have really made it. However, your ownership goals don't have to be about BIG stuff.

Although it can be fun to think about owning BIG things, it's kind of funny that these items are certain to take a lot of hard work and sacrifice—which may not be a lot of fun.

Once you have sailed in a million dollar yacht, lived in a European villa, driven a Ferrari, flown in your own Learjet—maybe the luster would wear off—we don't know, we've never done any of those things. Actually, these ventures do sound pretty outstanding. However, many of us who dream about owning these items want them simply given to us and may not think about the exorbitant expenses involved.

As you gain experience in life, you may end up modifying or changing some of these aspirations. That doesn't mean you necessarily need to dumb down your dreams, but thinking through your goals can help make your ownership list more true to you and more likely to happen.



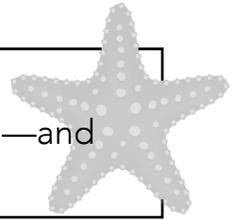
*Our ownership goals include owning a beach cottage in a small, relaxed beach town. Still a stretch, but somewhat more modest in aspiration than a villa on the Mediterranean. A subset of this goal is to own our own house, as in fully pay off our current mortgage. When we do, the beach cottage goal becomes more attainable. Having the dream for a beach cottage makes the day we pay off our mortgage that much more fun.*

So maybe a more modest boat, a more modest second home, or a Cessna airplane after some flying lessons and a license is obtained, are more in line. There are no rules. You can have BIG and small ideas, extravagant stuff and modest stuff on your ownership *FUN LISTS*. All these things are fun to think about and get us out of some of our ruts.

These goals give us something to aim for, and who knows—

## HAPPINESS TIP

Make an ownership dream list—it's a lot of fun—and the first step toward getting there.



maybe that email that promises you \$8,000,000,000 from some long lost relative in Africa pans out, and you will be flying your Learjet to your European villa, where your yacht is docked and ready to sail, at this time next year! *Just kidding—don't respond to that email!*

Meanwhile, whether you are already taking action in the pursuit of your ownership goals, or just starting to think about them, have some fun and write down some BIG and small stuff that you would like to own in the near or distant future.

## MY OWNERSHIP GOALS FUN LIST

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_
- 8 \_\_\_\_\_
- 9 \_\_\_\_\_
- 10 \_\_\_\_\_

*Doodle some things you want to own.*