

Be Nice (Or Else!)

Be Selfish in a Good Way

What fills up your reservoir? What are those “good” selfish things you can do to make yourself happy in any given moment? Try this exercise to help you find out.

In the left-hand column, list some things you have to do, such as grocery shopping or taking out the trash. In the right-hand column, list the activities or actions that would add fun and pleasure to each task. Adding “Nice to Do” activities to your “Have to Do” chores is a great way to refill your reservoir each and every day.

Have to Do

Nice to Do

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____