

Your Dream List for Yourself

At this time, I also started to think about what I wanted to do in my spare time. Where did I want to steer my own life? I wasn't sure. I knew that I wanted to feel better. But how? If I wasn't on my phone or watching Netflix, what would fulfill my needs?

I didn't know. So at this point, I left my own chart empty. Useful answers would arrive after more research, interviews, and experiments.

Values and Goals	Specific Behaviors That Support the Value or Goal
?	?
?	?

How about you? What do you want or need for yourself? What values and goals do you have that can help guide the choices you make for yourself in life? What feels like it's missing from your leisure time? What hobbies or pastimes have dopamine magnets possibly squeezed out of your life?

Values and Goals	Specific Behaviors That Support the Value or Goal

If you're not sure, don't worry. We're going to learn all sorts of inspiration and ideas throughout the rest of the book.