

DSL GUIDE

Are you looking for more of . . . *something* you can't quite name? Maybe you are feeling stuck; perhaps even a little lost? All you know is, you are ready to feel more like yourself. In other words, you crave **fulfillment**.

The Do Something List (DSL) is a personalized push to explore fulfillment in your daily life. It helps you to *uncover and discover* that fulfillment outside of the pressure-filled metrics of goals/resolutions.

Instead of staying stuck in the all-or-nothing cycle, this List is individually designed *by* you and *for* you to **do something** to prioritize regular exploration (and support) of who you are.

Each DSL is unique to its creator, and even to the time in which the same creator makes one. Some are long, some are short; some are theme-based, others are "all the things;" some are made for a year, some for just a season.

But, each DSL has the power to guide you off the sidelines of your own life.

While you do a list of things that scare you (insert other words, ie. stretch, inspire, empower, move, challenge, comfort, etc.), you will find: *more fulfillment, more confidence, and more personal knowledge of how progress thrives IN the messy middle.*

Ultimately, **you'll find the transformation lies in the process, not the outcome.**

This Guide will help you create your own Do Something List. Free up your mind, let go of prescriptions, prepare for a mess, and gear up for a surprising transformation--more of "YOU!"



Structure

The Guide is divided into 5 segments. Move through them in this order, and you'll have your DSL:

:REFLECT:
:BRAINSTORM:
:TWEAK:
:DEFINE:
:SHARE:



Reflect

This segment will guide you to *uncover* what can help you reconnect to your past self, and to *discover* what can help you explore your (soon-to-be) future self.

What were you naturally drawn to
and curious about as a child?

Recall what you USED to be interested in
before life and responsibilities happened:

When have you felt fulfilled--like yourself?
What were you doing in those moments?

What would you love to do, but you think
it's "too late" to try?

Think about what things you see other people do and you
think, "I wish I could do that," "That looks
fun/interesting/fulfilling," and/or "I wonder if I could . . ."

What is MISSING in your life?

How in your life do you feel the call to be pushed? Where to explore? What feelings to prioritize?

RAPID-FIRE SECTION!

Struggling to answer those deep questions? It's OK! You can do this rapid-fire section instead OR in addition to whatever deeper reflection you were able to make.

What books would you like to read?

What events would you love to attend?

What's a hobby you've long wished you could try?

What foods are interested in making/eating?

What outside of your responsibilities sounds fun to you?

If you had more time, what would you prioritize doing more of?

What people would you like to hang out with more?

How would you spend a day to yourself?

What local places are you interested in visiting?



Brainstorm

Now that you have some ideas from the reflection, it's time to brainstorm them into potential seeds for your Do Something List. This is where you do NOT edit as you write. All ideas are good ideas right now! (Feel free to refer to the Ideas List, later in the Guide.)

BRAINSTORM

[illegible]

Tweak

It's time to tweak! First, go through your brainstorm and weed out these two things:

1) **SHOULD**S (Anything that feels prescriptive or based in what you think you **should** want/need to have on your DSL)

2) **GOALS** (They are sneaky! Cross out any items that are actually goals-in-disguise. Put them on a different kind of list, and/or consider ways to turn this item into a way to EXPLORE your goal)

Next, circle any that are stand-outs to you, but maybe just need to be worded a little differently.

Finally, star the ones that are "no-brainers" and belong on your DSL.



Define

Now comes the best part--finalizing your DSL! The final page of the Guide will be the place for you to define your list.

Need some more tips in making a successful DSL? More ideas on what to put on yours? Both tips and ideas will follow. Feel free to refer to those parts of the guide before you define your DSL.



Share

Take your DSL, hang it up where you'll see it often, and SHARE IT! You can do that with a friend, on social, or even email Monica.

TIPS

While progress--not perfection--is the ultimate goal, we DO want you to feel successful with your DSL. To help, here are some tips that you may want to keep in mind both pre- and post-creation of your DSL .

Pre-Creation

- 1) Get **SELF**-ish. This needs to be about you, and no one else.
- 2) Be **OPEN**. Your DSL will likely surprise you. Let it!
- 3) Get **MESSY**. The best DSLs start as messes. Stick with it.
- 4) Make it **DOABLE**. Choose fewer items more than lots, simpler more than grandiose, and fun/easy more than serious.
- 5) Be **SEASONAL**. Honor your season. More DSLs will come!

Post-Creation

- 1) Make it **VISUAL**. Put your DSL somewhere you'll see it easily and often. *This makes a huge difference.*
- 2) Be **ACCOUNTABLE**. Have someone to report your small wins to. (The internet counts!)
- 3) Get **MESSY**. Commit to messy action. Something is always better than nothing.
- 4) Plan to **PIVOT**. Life happens. Your DSL is allowed to be regularly revisited and tweaked. It's a living document.

IDEAS LIST

It's OK if making your DSL is a bit of a struggle-fest. If you are feeling stuck, refer to these ideas, all of which come from real DSLs.

- GO TO A MUSEUM
- TRY #__ NEW RECIPES
- HOST A PAINTING NIGHT
- ATTEND A DANCE CLASS
- GO ON #__ HIKES
- PERFORM A TALENT
- WRITE #__ POEMS
- SWIM OUTDOORS
- STAY IN A HOTEL BY MYSELF
- ATTEND A PLAY
- GO TO A CERAMICS CLASS
- READ #__ BOOKS
- GO ON AN OVERNIGHTER
- WATERCOLOR GIFTS FOR OTHERS
- GO CAMPING
- TAKE MUSIC LESSONS
- GO KAYAKING
- WALK #__ MILES
- TRY A GROUP FITNESS CLASS
- SEW A PROJECT
- ATTEND A COOKING CLASS
- HOST A GIRLS NIGHT
- FINISH AN ONLINE COURSE ABOUT SOMETHING I'M INTERESTED IN
- LEARN #__ SONGS ON PIANO
- GO SKIING
- LISTEN TO THE TOP-100 SONG LIST FROM ROLLING STONES
- ATTEND A SING-A-LONG
- WRITE A #__ CARDS FOR FRIENDS
- GO TO A CONCERT
- LEARN HAND LETTERING
- SEE #__ MOVIES
- ATTEND A SYMPHONY
- GO ON #__ DATES
- RUN/WALK A 5K / HALF
- LEARN A SONG ON THE UKULELE
- WRITE #__ SHORT STORIES
- BAKE SOMETHING CHALLENGING
- FINISH #__ CROSS-STITCHING
- ORGANIZE A FRIEND REUNION
- MAKE HOMEMADE ICE CREAM
- GO BACKPACKING
- TAKE MYSELF TO LUNCH
- HOST A GAME NIGHT
- INDOOR SKYDIVING
- GO ROCK CLIMBING

IDEAS LIST, cont'd

- BRAINSTORM A PLOT FOR A BOOK
- GO ON A RETREAT
- TAKE A CANNING CLASS
- PLAY GOLF
- ATTEND AN IMPROV CLASS
- TRY A WEIGHT-LIFTING CLASS
- GET CPR CERTIFIED
- GO ON A "PASTRY CRAWL"
- PARTICIPATE IN A TRIATHLON
- PRESS WILDFLOWERS
- PRINT A PHOTO ALBUM
- ATTEND A COMEDY SHOW
- LEARN WOODWORKING
- MAKE A SPECIAL MEAL
- PICK UP A CRAFT
- TRY INDOOR TRAPEZE
- WEAR A FANCY DRESS
- SUMMIT A HIGH PEAK
- GET A ROAD BIKE
- GO ON # __ LOCAL ADVENTURES
- HAVE A STAYCATION
- TRY A NEW FOREIGN FOOD
- PERFORM ON A STAGE
- WRITE UP SOME GOOD MEMORIES
- PARTICIPATE IN TOASTMAKERS
- ATTEND A CONFERENCE
- CALL IN FOR A DEAR PROGRESSOR EPISODE
- SHARE A BOOK DRAFT WITH FRIEND
- LEARN OIL PAINTING
- GO ZIP LINING
- TAKE A DAY OFF TO EXPLORE TOWN ON YOUR OWN
- GO TO A NATIONAL PARK
- TRY # __ RESTAURANTS
- WEAR SOME RED LIPSTICK
- COMPLETE AN ADULT COLORING BOOK
- TRY OUT FOR A PLAY
- GO ON A TRIP
- MAKE SPECIALIZED PLAYLISTS
- HOST A DESSERT NIGHT
- GO TRAIL RUNNING
- TAKE # __ OF "FIELD TRIPS"
- DRAW IN A SKETCHBOOK
- TRY # __ NEW ICE CREAMS
- VISIT A BEACH/LAKE
- GO TO AN AMUSEMENT PARK
- LEARN HOW TO PLAY SOME CLASSIC SONGS

Do Something List