**Empowered Life Hacks: Power Tool Work Sheet**

Sometimes it feels like there simply isn’t enough time in the day to do meaningful work and have fun. So what happens is we battle between a) doing things that reward us poorly in the long run but are fun in the present moment and b) doing things that are a drag in the present but reward us 10X in the long run.

Would you like to learn how to have more fun while doing those important yet boring tasks?

If so, maybe we can help you. We actually have got some empowering life hacks you can check out below!

First, let’s answer some questions to self-diagnose where your challenges may lie so you can better choose which of the following tips you may want to adopt.

**Quiz time**

* What are some goals and corresponding activities you would like to accomplish but are having a tough time working towards?
* Out of these goals and activities – which ones do you find are real pain in your butt?
* Do you find that regardless of how many times you try and do these tasks, your negative feelings towards them don’t seem to be improving?

If after this questionnaire you feel like you could use some help on being more motivated and would also like to have more fun while accomplishing your goals... Here are Alex Hartman Adams’ tips from our 2nd episode of our talk series on how to make boring things more fun!

**Here are some empowering life hacks below. Circle or highlight the ones you want to try:**

1. **Role-play your favourite characters** – Write down 7 character or role models you aspire to be. Have fun with it! You can even choose evil villains from comic books or animals! Once you chose your characters, write down their strengths and why the resonate with you. Out of these 7 choose a few robust ones that you can tap into throughout your day. Start journal how you can apply them daily and summon their mindsets and energy to help you triumph over your goals!
2. **Set tiny small goals for yourself** – Rather than saying you want to do 20 push ups a night, why not just 1 everyday for a week? Rather than saying you want to read 1 book a week, why not read 5 pages a day for a month! Slowly build the routine before you build greater habits!
3. **Embrace your laughable wins**– Did you eat some vegetables and fruit at least once a day today? Is this an improvement on your prior diet? Acknowledge this and celebrate, regardless of how silly it may seem. This is a great improvement from where you were prior!
4. **Focus on your moments of resilience and strength** – When you are looking for something to help you stay strong and overcome something in the present moment, think about a time you achieved something difficult. It could be anything! This is evidence you have the capability to overcome challenges if you stay persistent. This will give you resolve and strength when your mind tries to talk you down.
5. **Act like your life is a video game** – If your life was a video game, what game would it be? What would your avatar look like? What attributes would you want to improve on? What milestones would you hit to level up your character? This can help increase your engagement with your mundane tasks by framing your daily life as something more fun!

**Write the life hacks that you circled on the previous page down below:**

 **Time to test these hacks and see if they truly work:**

1. Use an agenda or custom make a checklist to make sure that you completed all your hacks you set out to daily.
2. Write all the written components for your daily tips somewhere you can monitor everyday

 a. Get creative! Use this document, your existing agenda, blank notebook, even your journal!

1. Use the tracker below to check mark each day you completed your chosen life hacks.
2. Also use the tracker below and our simple rating system to see whether these tips helped you have more fun and complete tasks that you considered mundane, boring, and a drag in the quiz above!

(-) means your performance declined
(0) means your performance was the same
(+) means your performance improved

**Tracking and Rating**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Week**  | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** | **Day 7** |
| **Week 1** |  |  |  |  |  |  |  |
| **Rating** |  |  |  |  |  |  |  |
| **Week 2** |  |  |  |  |  |  |  |
| **Rating** |  |  |  |  |  |  |  |

At the end of this 14 day exercise evaluate all the -, 0, and + and ask yourself in a light self assessment, did you see improvements in your ability to do diligently work while also having a bit more fun?

If so keep using them! If not, disregard them and on to the next!

**FINAL QUIZ**

Did you improve after two weeks? If so what helped exactly? Does it make sense to add this in your toolbox of skills for the next quarter? What can you do differently the weeks ahead to make have more fun and be engaged while working?