

EXERCISE: Imagine if No One Cared What You Did

In this exercise, we would like you to use the power of your imagination as we invite you to transport yourself to an alternate universe. In this alternate universe, everything is exactly the same in just about every respect, except for one. In this universe, no one cares at all what you do. It doesn't matter what you do, no one is going to get upset with you, get angry with you, praise you or give you any feedback whatsoever. You are completely free to do whatever you want. Take some time to fill in the spaces below:

What would you do next?

What would you do in your work?

What would you do for fun?

What would you do or say with your friends and family?

How would you spend your time?