

# Week 15: "I Say Yes: Let's Have FUN!"

by Leslie Ackman

1) Create a List of ways YOU enjoy having FUN

2) What can I do to inject more FUN into my days?

*This week PROMISE yourself YOU WILL HAVE FUN!*

"When you are joyful, when you say yes to life and have fun and project positivity all around you, you become a sun in the center of every constellation, and people want to be near you."

– Shannon L. Alder

**"In terms of days and moments lived, you'll never again be as young as you are right now, so spend this day, the youth of your future, in a way that deflects regret. Invest in yourself. Have some fun. Do something important. Love somebody extra. In one sense, you're just a kid, but a kid with enough years on her to know that every day is priceless.**  
Victoria Moran

**\*\*Promise yourself that THIS week NO MORE numbing out. This week you will do those things that make your Heart sing!\*\***