

Enjoy Your Fun Filter

Finding what you love to do involves several factors. Those include what’s of value to you and is of sustaining interest. Chapters 2 through 4 in *Solve Climate Change Now* help you discern those issues. Chapter 5 focuses on what’s compellingly enjoyable for you. The following are exercises from the book that you can print out and use (with attribution and copyright included).

Figure 7. Learn from Your Fun

Fun experience	Insights you gained	Openness to new ideas	Energy to follow through	Results

See the “Examples of Activities and Roles You Might Love” on page 58-60 to help stimulate your ideas about what’s fun for you.

When you have finished your reflections, fill in your Fun Finder below.

Figure 8. Your Fun Finder

What I know I love	
Types of activities	Roles to play
Additional areas I'd like to explore	
Types of activities	Roles to play

Put each activity or role of interest to you on a separate index card or piece of paper (or enter in a digital document). Post these someplace where you will notice them so that your mind will be alert to opportunities that align with them. Section II of the book (Connect with Climate Health Needs) will help you see where you can make a difference.