

Activity Sheet

To be used with workbook, "Lifehacks: 40 Tips for Rewriting Your Life" by Mira Tasich

Segment	Tip	Activity	Completion Date
Dealing Directly with the Initial Impact	Believe It; Don't Deny It		
Dealing Directly with the Initial Impact	Don't Panic! Remain Calm		
Dealing Directly with the Initial Impact	Deal With Sadness		
Dealing Directly with the Initial Impact	Deal With Anger		
Holistic Self-Care	Detox		
Holistic Self-Care	Massage Therapy		
Holistic Self-Care	Recuperate/Heal		
Holistic Self-Care	Commit to Hiatus/Take a Pause		
Holistic Self-Care	Explore Nature's Hot Springs		
Holistic Self-Care	Get a Makeover/Pamper Yourself		

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Holistic Self-Care	Dance		
Holistic Self-Care	Spiritual Renewal		
Holistic Self-Care	Create Your Own Zen-like Space or Experience		
Holistic Self-Care	Music Therapy		
Re-Channeling Energies	Get to Know Yourself		
Re-Channeling Energies	Keep a Journal		
Re-Channeling Energies	Travel or Act as a Tourist in Your City		
Re-Channeling Energies	Find a Hobby		
Re-Channeling Energies	Expand Your World/Keep on Learning		
Re-Channeling Energies	Get your Creative On		

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Re-Channeling Energies	Volunteer		
Re-Channeling Energies	Spread Kindness		
Re-Channeling Energies	Expand Your Vision		
Re-Channeling Energies	Passion Meets You		
Life & Career Rejuvenation	Redefine/Reinvent Your Purpose		
Life & Career Rejuvenation	Socialize/Network/Search for Support		
Life & Career Rejuvenation	Develop Your Plan of Action		
Life & Career Rejuvenation	Go into Action		
Life & Career Rejuvenation	Look the Part		
Stay in the CEO Lane of Your Life	Living with the "New Normal"		

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Stay in the CEO Lane of Your Life	Stay Positive		
Stay in the CEO Lane of Your Life	Be Flexible		
Stay in the CEO Lane of Your Life	Create Your Own Uplifting Drill		
Stay in the CEO Lane of Your Life	Build Your Inspirational Boost File		
Stay in the CEO Lane of Your Life	Embrace Diversity (Yours and Others')		
Stay in the CEO Lane of Your Life	Retool Your Attitude Continuously		
Stay in the CEO Lane of Your Life	Realign Your Actions to Balance		
Stay in the CEO Lane of Your Life	Reflect (Ongoing)		
Stay in the CEO Lane of Your Life	Think "Proactively"		
Stay in the CEO Lane of Your Life	Love Yourself, Always		