



EXERCISE:

# Creating Options

A great way to brainstorm more fun “options” is by using a coaching practice called the five options technique. As the name suggests, you simply push yourself to come up with at least five new options for fun. It should be slanted toward activities you’re not currently engaged in that are realistically doable in the coming weeks and months. These ideas might include going to a movie with an old friend, taking a course on a subject of interest, or picking up a neglected hobby, among others. If you get stuck coming up with five, ask yourself these questions:

**WHAT ARE SOME FUN THINGS MY FRIENDS ARE DOING THAT I MIGHT ENJOY TRYING?**

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**WHAT ARE SOME FUN THINGS I CAN BUNDLE WITH THE THINGS I AM ALREADY DOING NOW?**

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**WHAT ACTIVITIES, WHEN I REMINISCE ABOUT THEM, HAVE PUT THE BIGGEST SMILE ON MY FACE?**

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**WHAT ARE SOME ACTIVITIES OF ALTRUISM, VOLUNTEERISM, OR ACTIVISM THAT I FIND PLEASURABLE (EITHER IN THE MOMENT OR REMINISCING AFTER THE MOMENT)?**

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Job crafting means reshaping the way you work to make it fit you better. For example, finding ways to focus more on what energizes you and less on what drains you. Use this opportunity to brainstorm several new, realistic ways to adjust your work so that it feels more meaningful, playful, and energizing.

## IF YOU GET STUCK, TRY ASKING YOURSELF:

- **Meaning:** Where could I connect my work more clearly to my values, strengths, or impact on others?
- **Tasks:** What parts of my job could I swap, shrink, expand, or reframe so they feel more enjoyable or purposeful?
- **Relationships:** Who could I collaborate with, mentor, shadow, or spend more time with to make work feel lighter or more inspiring?
- **Activity Bundling:** What's something I already enjoy that I could integrate into my workday (e.g., *music, movement, short creative breaks*)?
- **Environment:** How could I adjust my physical or digital workspace to invite more energy and flow?

IDEA	WHY IT MATTERS TO ME	FIRST SMALL STEP
1		
2		
3		
4		
5		