

“Happiness can be found, even in the darkest of times, if one only remembers to turn on the light.” Albus Dumbledore from the Harry Potter books

You know your current story. And now something has changed in your life or your loved one’s life. Your old way of living either has changed or needs to change. Now is the time to think about what you want your life to be like in the future. What will bring you moments of joy? How can you live in a way that brings peace to your heart? What interests do you want to pursue? What types of people would you like to be around? What experiences would you enjoy?

Start visualizing yourself in a very good place. What does that look like for you? Now it’s time to make the MOLO list. Not everything will resonate on this list, because it is not YOUR list. YOU are going to create your own list and as that happens you will start to feel a sense of relief. You will start realizing that YOU get to make some choices. You will start to visualize yourself doing these activities and realizing these experiences in your mind and know that you are going to embrace these changes. You are going to move forward with your life and live it to the fullest extent possible!

MORE OF LESS OF (MOLO)

Possible More Of . . .

- _____ prepared meals
 - What do you want to experience?
 - People to eat with
 - Tablecloths
 - Family dining
 - Buffet
 - Waiters or servers
 - Grills available
 - More choices
 - Room service
 - Your ideas:

_____ You want your own kitchen to cook for yourself sometimes.

_____ You don't want your own kitchen. Let someone else cook!

_____ Someone to do the laundry.

_____ A laundry in your apartment?

_____ A laundry available for you to do your own laundry.

_____ Housecleaning Service available once a week

_____ Someone to drive you places like the grocery store, hair appointment, nail salon, doctor's appointments. Your ideas:

_____ A Hair Salon or Barber that is onsite

_____ A Registered Nurse or Nurse Practitioner on site.

_____ Physical Therapy Available

_____ Help with Medications

_____ Bring my pet

_____ entertainment available where you choose to live.

What does that look like?

Puzzles to build

Being able to watch ballgames with others

Playing bridge or other card games with others

Playing corn hole or other outdoor activities with others

Having someone create different activities for you to participate in

Taking classes in computers

Learning a new language

Gardening

Happy hour available

Crafting or cooking classes

Swimming or Spa available

Exercise classes
Exercise equipment available for use (classes not necessary)
Your own space and time to read or study without people.
Educational lectures that interest you
Movie Theater available
Photography

Entertainment available for you to go and attend:

Go to ballgames with others (someone else drives)
Go to the theater with others (someone else drives)
Your ideas:

Possible Less Of . . .

_____ Cooking
_____ House cleaning
_____ Lawn care
_____ Laundry
_____ house maintenance
_____ Someone else puts up holiday decorations.
_____ Driving

Are you beginning to get a clearer picture in your mind about what is important to you?

Let's move on the Needs and Wants Worksheet. You will refine what you have started.