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Activity 1

# Absolutely NOT!

Write down one thing that you absolutely would not do for all of the money in the world. Explain your choice.

I absolutely would not, in a million years, for a million dollars . . .

. . . live downtown in a major city center.

I hate crowds. I hate noise. I hate pollution. I hate confusion. I hate having neighbors within whispering distance.

I love the country. I love the sound of birds singing and trees whistling in the wind. I love space. I love privacy. I love tranquility.

All the money in the world could not bring me joy if I was snatched from my country home and imprisoned in the city. With a broken heart and a broken spirit, I would live as a caged bird, pining for my freedom from behind bars.

Activity 2

# Acrostic Personalities

An acrostic poem is written using the letters of a word to begin each line in the poem. Write an acrostic poem featuring one of your personality traits. Try to make each line relate in some way to the word you are using.

## Charming

- Charismatic
- Humble
- Appealing
- Refreshing
- Mesmerizing
- Intriguing
- Nonchalant
- Genuine

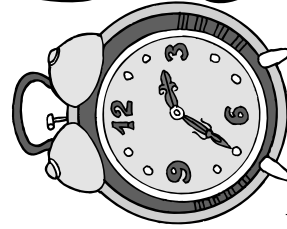
Activity 3

## All-Time Wasters

How do you "waste" your time? In other words, what things do you do that you don't have to do—and shouldn't do—when you really should be doing something else?

When I am procrastinating\*, which is something I have elevated to an art form, I find an incredible number of ways to waste my precious time.

- 1. . . . go to the bathroom every few minutes  
read books, magazines, flyers, soup labels—  
anything I can get my hands on
- . . . clean up (which is something I normally despise!)
- . . . do laundry
- . . . talk on the phone
- . . . daydream
- . . . wander aimlessly around the house
- . . . go shopping
- . . . put myself to sleep
- . . . think of a million reasons why I  
should put off what I should be  
doing!

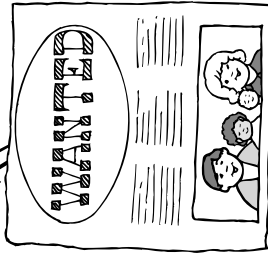


\*procrastinate: to put off taking action until a future time; to defer or postpone

Activity 4

## America's Most Wanted

Write a list of the things that you want the most or the things that you would most like to see happen. (For a twist, try making a list of the things you least want or would least like to see happen.)



- I would most like to . . .
- . . . ensure long life, health and happiness for my family and friends
  - . . . possess an unlimited supply of money
  - . . . find a solution to the world's most pressing problems: overpopulation, resource depletion, species extinction, war, poverty, homelessness and hunger
  - . . . sleep in a king-sized bed
  - . . . surprise my husband with the car of his dreams
  - . . . hire a live-in maid
  - . . . travel the globe (or at least visit Disney World!)
  - . . . achieve my fullest potential as a human being, woman and mother
  - . . . freeze time now, while my kids are still young

## Activity 5

## Anything but This

What would you rather be doing right now?

I would rather be lying on a blanket on a hot, white sand beach with a good book and a cool drink, next to a large, roan gelded horse named Utah's Zion who is recovering in the shade of a beautiful green palm tree and is still wet from our recent exhilarating, bareback gallop through the clear blue water at the ocean's edge.



## Activity 6

## Backronyms

An **acronym** is a word formed by the combining of initial letters or syllables and letters of a series of words or a compound term. Some examples of well-known acronyms are IRS (Internal Revenue Service), FBI (Federal Bureau of Investigation) and AMEX (American Express).

A **backronym** (my word, my definition) is sort of the opposite of an acronym. It takes a word, in this case your name, and uses each letter to make a sentence. Some people use this technique to memorize important things. In music, students learn the lines of the treble clef staff using backronyms: EGBDF—Every Good Boy Deserves Fudge.

Write your name—first, middle, last or full—as a backronym. (If you want a real challenge, try writing your full name as a single backronym!)

### TRACEY

Tigers  
Rarely  
Are  
Caught  
Eating  
Youngsters

### ANN

Always  
Nibble  
Noiselessly

### SCHOFIELD

Scholars  
Comprehend  
Hitherto  
Obscure  
Facts  
In  
Every  
Lengthy  
Dissertation