

Just as important, make sure to really *use* your time away from work. This doesn't always mean starting a massive project or detailing the next ten years of your life (though it certainly can). What it does mean is letting your brain unwind, and letting your true self out to breathe. After all, escaping that terrible job only benefits you if there's some actual "you" left . . . so don't allow your job to smother your life.

Do the things you always *claim* you're going to do:

Pick up that graphic novel you've heard about, marathon your favorite movies, have a board-game night with your friends, actually *start* your novel, actually *write* that amazing song, actually *begin* that screenplay.

WORKSHEET #11: FINDING FULFILLMENT OUTSIDE OF WORK

Fighting the Zombie Economy can require all of your strength; it will burn your muscles and scrape your skin. It will make you want to quit. And that is when you are most at risk.

In order to survive, you must want to survive, and that's far easier when your life has some measure of fulfillment. If this already describes you, congratulations—skip this worksheet and plunge ahead. But if you wish for a little more motivation, this worksheet is for you. Everyone has a reason to live. Let's find yours.

1. FIRST

List three things you wish you were doing instead of filling out this worksheet:

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2. NEXT

When you read, watch television, or go online, what kinds of things most draw your attention? Give three examples:

3. NEXT

List three things—big or small, everyday or extraordinary—that you want to try or accomplish. These can be specific (“learn the rarified art of chain saw carving”) or vague (“focus on something more artistic than my day job”).

THE END

Now it’s time to act. Pick one of the above interests or goals and take a step toward making it happen. For many (if not most) of these items, you’ll find that reading about it comes first—and reading can, of course, be a fine end in and of itself.

Join a group. Start a group. Look for a series of free lessons or classes. Whatever your interest, there’s a way to start working toward it *now*. Even if cost delays the actual completion, the thought process and preparation will have given you invaluable energy and motivation. Your thoughts and state of mind will be aided immeasurably, making it easier to survive the time between “now” and “then.”

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