

# 10 Steps: The Pleasure Principle Checklist

## How to use this checklist

For the first weeks, I recommend using this every day, maybe around noon? After that, you may only need to go through the checklist once a week or so, or whenever you are feeling a little off, or uninspired - whenever pleasure and joy are absent!

## Check in with your body

Questions to ask:

1. How does your body feel? (warm, cold, heavy, light, leaden, vibrant...)
2. Did you get enough sleep last night? Yes/No (If not, could you take a nap? Yes/No)
3. Did you nourish your body with whole foods and fresh water today? Yes/No
4. Did you move your body? (exercise, a walk, dance...)

Write down what would please your body right now:

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Action step to take today:

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## Check in with your emotions

Questions to ask:

5. What is your general mood right now? (happy, sad, indifferent, bored, curious...)
6. Where is that mood located in your body? (warm feeling in your stomach, constricted throat...)
7. Have you felt joy and pleasure today? Yes/No
8. What can you do to feel joy and pleasure right now?

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Action step to take today:

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## Look ahead

9. List 3 things can you do in the next 3 days in order to feel joy and pleasure every day?

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10. What's the 1 main thing you want to do every day, at a minimum, that gives you joy/pleasure?

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