	Ways to Be Attentive & Appreciative (and Hence Full of Wonder)	*Anytime*	*Screentime, Reading, Online Research, Solo Games (Escapism)*	*Listening to Music, Vacations, Walks, Baths, Other Sensuous Solo Activities*	*Writing, Composing*	*Solo Meals, Cooking*	*Exercising*	*Two-person Conversations, Meals, Sharing Time*	*Hands-On Learning (Swimming, Dancing, Sailing)*	*Meeting New People (and Other Creatures)*	*Other Non-Solo Playtime (Game Nights, Team Recreation, Flirting)*	*Group Meetings, Conversations, Social Events*
1	Ask myself how what I'm doing might be more fun or easier (draw on "play-list"); Change it up!	✓										
2	Frequently assess how I'm feeling about what I'm doing right now	✓										
3	Take notes to aid listening, and notice body/face/eye/voice inflection language							✓	✓	✓		✓
4	Close my eyes when listening to avoid visual distractions							✓				✓
5	Take books to identify trees, birds, places, musical structures; Get closer — or use binoculars or microscope			✓								
6	Focus on what's being seen/heard etc not on what it means or my response to it			✓				✓		✓		✓
7	Play the Teahouse Game							✓				
8	Introduce myself, focusing on discovering what they/I both care about									✓		✓
9	Go slow; take time; experiment but have 'safe fail' strategy					✓			✓		✓	
10	Ask questions; don't plan responses — listen to understand							✓		✓		✓
11	Identify why it's fun/transporting (stop if it's not)		✓		✓	✓			✓	✓	✓	✓
12	Say how I feel; say *thank you* when I'm thankful							✓	✓	✓	✓	✓
13	Find ways to combine not-fun activities with activities that are more engaging and appreciable (eg treadmill desk)						✓					
14	Listen to my own 'voice' as others might hear it — enjoy it, notice its articulateness, let it come In its own time;				✓					✓		✓
15	Use evocative lights, candles, incense, fabrics, seasonings, massage oils, costumes, other sensuous stimuli often			✓		✓		✓			✓	
16	Pay attention to what my body and instincts are telling me	✓										
17	Forgive myself for how I feel, what I do and don't do (including the things on this list; there is no free will!)	✓										