



PLAYGROUND HEAVEN

YOUR GUIDE TO
FEELING LIKE A KID AGAIN

WORKSHEETS

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Four Square Scoresheet

	YOUR GAME	NOT YOUR GAME
PLAY FAIR	A Saint The Halo High	B Good Person Unfulfilled
CHEAT	C Justifier Restless	D Addict Miserable

STEP

1

Track your wasted time. Everything that does not help you to be a better person or does not help anyone else live a better life is wasted time. Wasted hours of 3 hours or less puts you in the “Your Game” column. More than 3 hours puts you in the “Not Your Game” column.

How many hours did you waste today?

2

Track your behavior. Keep track of the good and bad things you think, say, and do today. Subtract the bad from the good to arrive at a net score: Good - Bad = Net Score. A positive net score puts you in the “Play Fair” row. A negative net score puts you in the “Cheat” row.

Good _____
Bad _____
Net Score _____

3

Determine which of the four boxes your activities and behavior put you in for the day by combining the appropriate column and row. Your grade for the day is the letter in that box.

What grade did you earn today?

What do you feel really good about today? _____

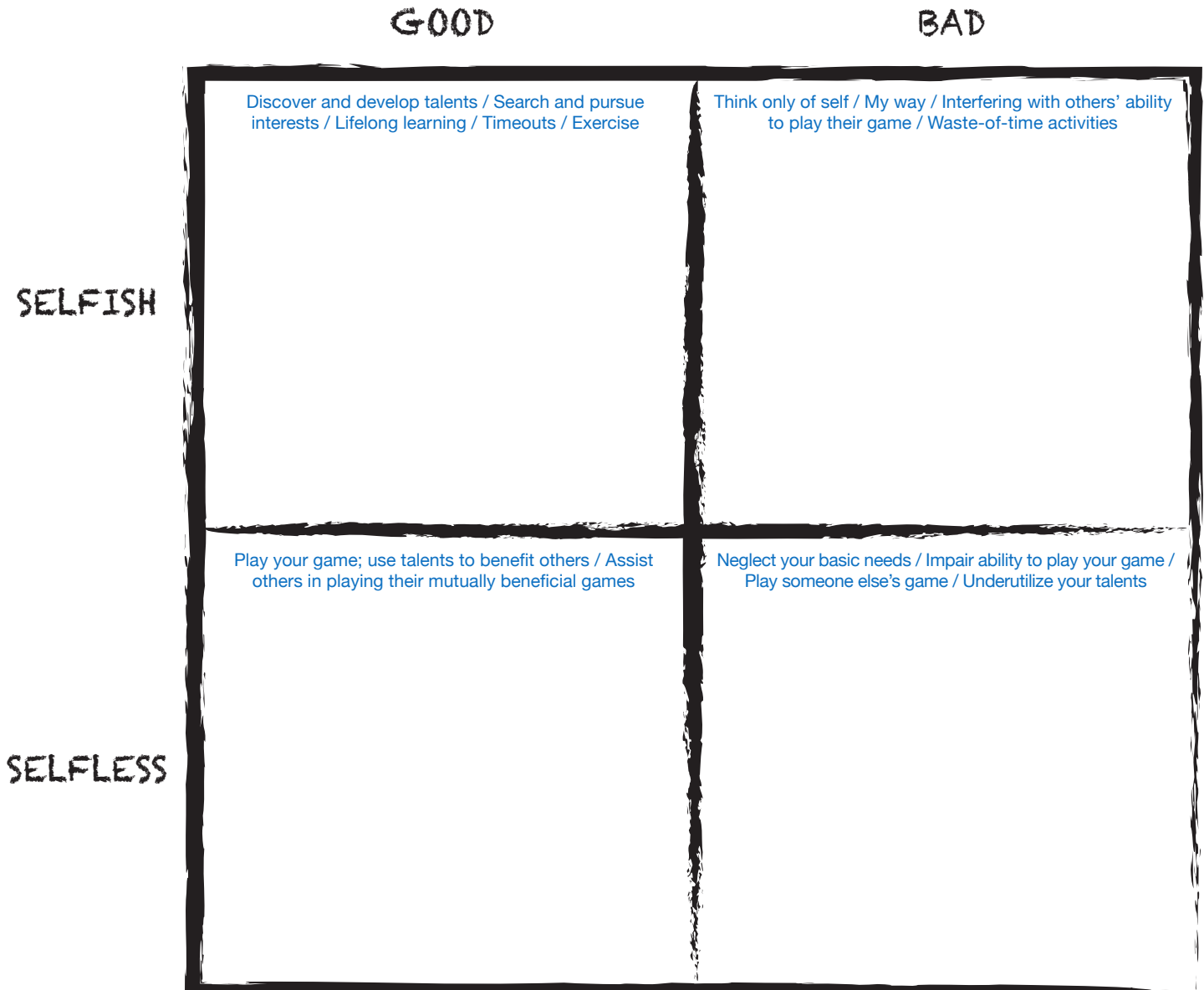
What one thing will you strive to do better tomorrow? _____

Congratulations on paying attention to what you are doing and how you are doing it. These simple actions taken every day will drive your continual improvement and help you to live the Playground Heaven life.



Selfish-less-ness Matrix

Assess ALL of your activities and plot them in the appropriate square in the matrix.



Based on your assessment, determine what you will stop, start, and continue doing and write them here:

STOP	
START	
CONTINUE	



My Heaven

Objective: To develop your preferred version of heaven in as much detail as you can.

1

Jot down the first thoughts that come to mind right now:

2

Read through the following list of questions and jot down any thoughts you find interesting and important to developing your preferred version of heaven. When you get to your heaven...

What will God say to you? _____

What will you say? _____

What questions will you ask? _____

What does heaven look like? _____

Who is there? _____

What is there? _____

Do we have bodies? What do we look like? _____

Can we fly? Can we time travel? _____

Do we have homes? Where do we live? _____

Do we have possessions? What are they? _____

Do we have families? Do we reunite with those we knew on earth? _____

Do we eat? What do we eat? _____

What do we do? Do we have jobs? _____

Do we learn the truth about everything? _____

Can we get in touch with anyone we want? _____

Can we interact with those on earth in some way? _____

3

Now write a couple of paragraphs describing your heaven vision. Write in as much detail as it will take for you to be able to come back to it, understand it, and feel it as deeply as you do at this moment. Don't overthink it. Consider it a work in progress. It should make you smile now and every time you read it. Keep it handy somewhere for future reference and look at it whenever you need a boost.



My Happiest Year Ever Resolution

HAPPIEST YEAR

When was the happiest year of your life to date? _____



What did you do that year?



What significant achievements and events occurred?



Who were the important people in your life and who did you help?



How do you feel right now thinking about your happiest year?

HAPPIER THAN HAPPIEST YEAR VISION

Now think about how you could have your happier than happiest year this year:



What will you do?



What will you accomplish?



Who can help you and who will you help?



How will you feel?

MAKE IT HAPPEN

To enable you to achieve your vision, determine what you will need to stop, start, and continue doing:

STOP

START

CONTINUE



My Happiest Year Ever Resolution

Put it all together:

I, _____, hereby resolve to make this year my happiest ever. I will do so by adopting an attitude of gratitude for my current situation and for the opportunity presented by each new day, and also by doing and achieving the following:



Play Day Checklist

CATEGORY/EXAMPLES	PLAY DAY ACTION PLAN	COMPLETED
P PONDER/PRAY <ul style="list-style-type: none">• Time-Out• Think• Ideas• Journal• Plan		<input type="checkbox"/>
L LEARN <ul style="list-style-type: none">• Get Better• Something New• Read• Watch• Research		<input type="checkbox"/>
A ACT (TAKE ACTION) <ul style="list-style-type: none">• Provide Value• Help/Serve Others• WIN the Day• Do It Now!• To Do List• Not To Do List		<input type="checkbox"/>
Y YOUTHIFY <ul style="list-style-type: none">• Drink Water• Exercise• Do Something Fun• Eat Healthy• Smile/Laugh• Connect with Friends• Go Outside• Brush and Floss• Rest/Nap/Sleep		<input type="checkbox"/>

DAILY/WEEKLY REVIEW

STOP	
START	
CONTINUE	