

Transcript

Template 2 – PEAC[E] – Enjoyment

The element **Enjoyment** represents anything that brings you pleasure, fun, anything that you really like in your life:

- everyday activities;
- hobbies;
- leisure;
- even the environment.

Anything that feels good for you and that you like.

So, it's very easy to use this column.

All you have to do is to list these enjoyments or fun or pleasure things or activities.

Once you have done that, then you can proceed to the column **Ethic**.