

# 'COME GET your lively'



**JOIN US ON THURSDAY EVE,  
NOVEMBER 16TH AT 6PM PST**  
for this bootcamp and start living your best life!

## **COST**

One random act of kindness of your choice  
on November 16th prior to the workshop

## *Bucket + Fun Lists*

### **MAKING FUN IN YOUR LIFE HAPPEN!**

Join us for a 43-minute virtual  
workshop and learn how to action  
more fun in your life, even if you're  
feeling overwhelmed or stressed.

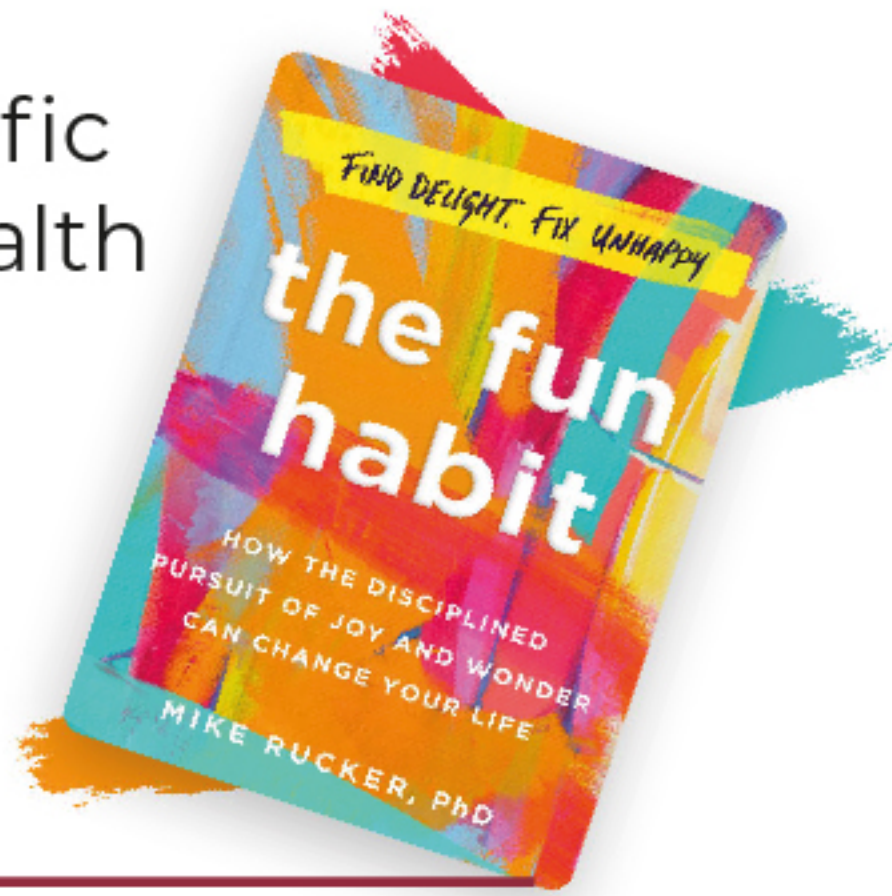
### **IN THIS BOOTCAMP YOU WILL LEARN**

- How to create a Bucket + Fun List  
using the Mind Doodles template
- Strategies to keep your list  
overflowing with fresh new fun ideas
- Ways to stay accountable and actually  
turn your fun into action

## *Special Guest*

**Dr. Mike Rucker, Ph.D.**  
Author of *The Fun Habit*

Sharing the scientific  
evidence on the health  
benefits of fun.



Register now to save your spot in  
this exclusive bootcamp.

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 [www.minddoodles.ca](http://www.minddoodles.ca)

  Treena Innes

  treena\_minddoodles

Treena Innes, Life Fun Expert helps women across the world embrace a life filled with vibrancy, fun, playfulness & laughter by looking in corners of their lives they may not be looking & helping remove roadblocks along the way.

