

EXERCISE: WHERE CAN I FIND
ACHIEVEMENT AND PLEASURE?

Enjoyment	Achievement	Necessity
<i>Examples:</i> <i>Listening to ten</i> <i>minutes of music</i> <i>Reading a magazine</i>	<i>Examples:</i> <i>Washing up</i> <i>Cleaning bathroom</i> <i>Making a phone call</i>	<i>Examples:</i> <i>Brushing teeth</i> <i>Showering</i>