

Hedonic Calendaring

Hedonic: The pursuit of pleasure and joy as a vital part of living fully and experiencing flow

EmpowerMen presents a free Hedonic Calendar template to help you plan and ritualize the activities that bring you into flow, pleasure, and presence. Hedonic calendaring is a practical method to organize your life around what truly energizes you—whether it's creative pursuits, social connection, or moments of deep enjoyment.

Here's how to use your Hedonic Calendar:

- 1. Identify Your Flow Activities:** Write down all the things that get you out of your head and into the zone. These can be anything meaningful to you—sports, music, meditation, social events, or even rest.
- 2. Assess Risk and Reward:** Rank these activities by how intense or demanding they are. High-risk or high-reward activities (like intense workouts or big social events) should be scheduled less frequently than low-risk daily practices (like meditation or light movement).
- 3. Schedule by Frequency:** Sort your activities into daily, weekly, monthly, seasonal, or annual buckets based on their risk/reward and your lifestyle.
- 4. Connect to Rhythms:** Anchor your activities to natural or cultural rhythms—sunrise/sunset, weekends, moon phases, or holidays—to create self-sustaining rituals.
- 5. Build in Hiatus:** Plan regular breaks where you pause all hedonic activities to reset and gain perspective on what truly serves you.

Types of Activities to Plot in Your Hedonic Calendar:

- Daily rituals like meditation, journaling, or mindful breathing, 15 minutes sunshine
- Weekly social connections such as date nights, brotherhood meetups, or creative workshops
- Monthly celebrations tied to cultural or natural rhythms like full moons or seasonal festivals
- Physical activities that bring you pleasure and vitality—yoga, hiking, or sports
- Creative outlets like music, painting, writing, or cooking
- Moments of rest and self-care—saunas, massages, or quiet reflection
- Experiences that spark your senses and awaken your passion—live music, nature walks, or sensual practices
- One off, annual adventures, like a ski-ing expedition, vipassana retreat, climbing a mountain, or travel adventure

Use this calendar to consciously invite more flow, pleasure, and connection into your life. It's not just about having fun—it's about awakening the Lover within and living fully in your masculine spirit.



HEDONIC CALENDAR

ANNUAL ACTIVITIES

SEASONAL ACTIVITIES											
Q1			Q2			Q3			Q4		
MONTHLY ACTIVITIES											
JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC