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Follow What Fascinates You!

Consider all aspects your life – not just leisure time interests.

Rank	Things I most Enjoy	w/ People	Alone	When	Frequency	Active	Passive

Key: **Alone** – I enjoy doing this activity by myself. **w/ People** – I enjoy doing this activity with other people.

**It is not necessary to select one or the other. If both equally apply, then select both options.*

When – When was the last time you did this activity? Month? & Year?

Frequency – How frequently you have done the named activity in the last 12 months?

Active – I take an active role in this activity.

Passive –. I take a passive role in this activity.

This exercise has to do with how you value your precious time. Are you spending time doing things that are most valuable to you? Are you willing to make new choices that require taking more risks so you can stretch a bit?