

Finding Your Interests

A fuller picture of who you actually are beneath what life has asked you to be.

This exercise pairs well with the Finding Your Strengths exercise. Together they paint a fuller picture of who you are.

Read through the list below and choose fifteen activities that appeal to you — things you do, have done, or have always wanted to try. Trust your instincts.

Narrow your fifteen to ten. Then from ten choose your five. There are no wrong answers. Geography, time, and circumstances don't matter here — choose what genuinely calls to you.

Gardening, Cooking, Baking, Photography, Painting, Drawing, Sculpture, Writing, Journaling, Blogging, Reading, Book Clubs, Poetry, Music Listening, Playing an Instrument, Singing, Dancing, Theater, Film Watching, Knitting, Crocheting, Sewing, Woodworking, Pottery, Jewelry Making, Origami, Bird Watching, Hiking, Camping, Kayaking, Sailing, Fishing, Surfing, Swimming, Running, Cycling, Skateboarding, Skiing, Snowboarding, Yoga, Meditation, Martial Arts, Boxing, Weightlifting, Rock Climbing, Golf, Tennis, Basketball, Soccer, Volleyball, Baseball, Hockey, Bowling, Chess, Puzzles, Board Games, Video Gaming, Collecting, Antiquing, Geocaching, Traveling, History Research, Genealogy, Astronomy, Stargazing, Electronics, Robotics, Programming, DIY Projects, Model Building, Car Restoration, 3D Printing, Podcasting, Language Learning, Volunteering, Animal Care, Horseback Riding

If something isn't on the list, add it.

My fifteen:

My ten:

My five:

Bring these to your next session with Maya.

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