



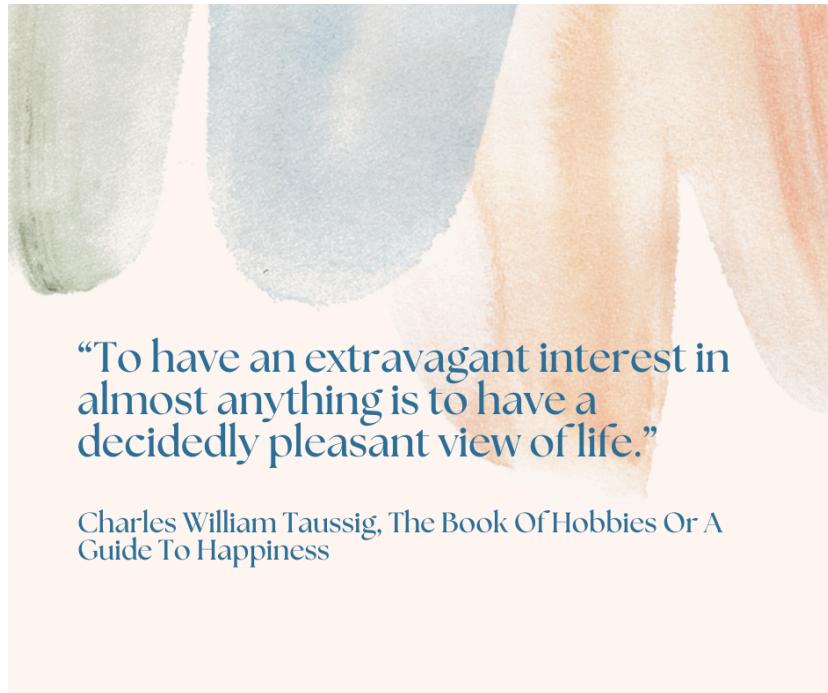
Discover Your Interests

Guided Exercises to Uncover What Excites You

We often move through life focused on what we *have* to do, rarely pausing to consider what we *love* to do. The activities in this worksheet are designed to help you uncover the interests, passions, and experiences that energize you. Whether you're exploring career paths, looking for a fulfilling hobby, or simply trying to reconnect with what excites you, these exercises will provide valuable insights.

How to Approach These Activities:

- **Be Open-Minded** – There are no right or wrong answers. Let yourself explore possibilities without judgment.
- **Look for Patterns** – Your interests may not fit into a single category, but common themes will emerge.
- **Think Beyond the Present** – Consider past experiences and future dreams. What has always drawn your attention? What would you love to try?
- **Take Small Steps** – Self-discovery doesn't have to be overwhelming. Even tiny actions can help you move toward a more fulfilling life.



Activity 1: The Free Day Exercise

Imagine you have an entire day to yourself—no responsibilities, no to-do list, and no one to take care of. How would you spend it?

Journal Prompt: Write out your ideal free day in detail. Look for themes—do they involve creativity, learning, movement, or social engagement?

Additional Questions to Consider:

- Where would you go? Would you stay home, visit a favorite spot, or explore somewhere new?
- Who, if anyone, would you spend time with?
- What activities bring you the most joy or relaxation?
- If money were no object, how would you enhance this day?
- Think about the last time you felt truly engaged in an activity—what were you doing, and how did it make you feel?

Patterns & Themes:

Write down any recurring themes or insights from your responses.

Activity 2: Social Media Interest Scan

Your online habits can reveal what truly captures your attention. Take a moment to scroll through your TikTok, Pinterest, Instagram, or YouTube. If you don't use social media, think about books, articles, blogs, TV shows, or movies instead.

Reflection Questions:

- Who do you follow? (Creators, entrepreneurs, fitness coaches, travel bloggers, DIY experts, chefs, authors, etc.)

- What draws you to these content creators?

- What type of content do you engage with most? (Videos, photos, articles, stories?)

- Do you prefer inspiration, education, entertainment, or a mix?

- Have you taken any steps to explore these interests further? (Courses, communities, new hobbies?)

Common Threads: What's one recurring theme across your saved posts or followed accounts? (Ex: nature, personal growth, creativity, wellness, business, etc.)

Small Action Step: What's one small step you can take to explore this interest further?

- Follow a new account
- Start a mini-project
- Attend a webinar or class

- _____
- _____
- _____

Bonus: Create a Digital Vision Board to Discover Your Interests

A vision board is a powerful way to explore your interests and visualize what excites and motivates you. By curating images that spark inspiration, you can gain clarity on the themes, activities, and goals that truly resonate with you.

Step 1: Curate Images That Speak to You

As you scroll through Pinterest, Instagram, or any online source, choose images that you feel emotionally drawn to—ones that inspire you, bring you joy, or reflect a dream you've been considering. Don't overthink it or worry about making it look "perfect." This board is for you, and it only needs to make sense to you.

- Keep your Pinterest board as your digital vision board
- Upload your images to create a custom collage to display
- Print out your vision board and display it where you'll see it daily

Step 2: Organize Your Board with Categories

To bring more clarity, categorize your images based on areas of interest or aspects of life you want to explore. Ask yourself:

- What sparks my curiosity? (Creativity, wellness, adventure, learning, entrepreneurship?)
- What experiences do I want more of? (Travel, nature, social connection, personal growth?)
- What skills or activities excite me? (Photography, fitness, writing, design, public speaking?)

Step 3: Be Specific with Your Vision

The more detailed your board, the clearer your interests will become. Instead of vague images, find ones that truly represent what excites you:

Step 4: Add Affirmations & Words That Inspire You

Words can reinforce your vision and help guide your exploration. Add quotes, keywords, or affirmations to bring your board to life.

Step 5: Reflect on Your Vision Board

Once your board is complete, take time to analyze it. What themes or patterns emerge? Are there interests you hadn't noticed before? Does a specific type of activity, place, or goal stand out?

A digital vision board isn't just about visualizing your future—it's a tool for self-discovery. By reflecting on what excites and inspires you, you can take small steps toward exploring those interests in real life.

Activity 3: School & Extracurricular Insights

Think back to your school years (or current studies). What subjects or activities excited you?

Favorite Classes:

- What classes brought you joy or fulfillment?

- What was it about those subjects that caught your attention?

- How did you feel in those classes?

Extracurricular Activities:

- What clubs, sports, volunteer opportunities, or hobbies did you enjoy?

- Did you thrive in group work or independent projects?

- Were there moments when you felt proud or energized?

Reflection Exercise:

List 3 classes or extracurricular activities you truly enjoyed.

1. _____
2. _____
3. _____

What made you passionate about them? (Problem-solving, creativity, teamwork, leadership, etc.)

Reconnecting with Your Interests:

Is there a way to tap into one of these interests today?

- Take an online class
- Join a local group
- Start a personal project
- Volunteer

Final Reflection:

Looking at your responses, what themes stand out? What excites you most? Write a few sentences about how you can start incorporating these interests into your life.

Take the Next Step in Discovering Your Interests

Completing these activities is just the beginning of your journey toward uncovering what truly excites and fulfills you. As you reflect on the themes that emerged, you may find yourself wanting more clarity on how to turn these interests into real opportunities.

If you're ready to dive deeper, I'd love to help! Schedule a [one-on-one appointment](#) with me to explore your interests, identify actionable next steps, and design a personalized plan to bring your passions to life.