

Hobbies & Interests

Instructions

- ☀ These are thoughtful questions designed to stimulate your thinking and help us look for threads and patterns that run throughout your life.
- ☀ It will take time to answer them all, so perhaps answer a few at a time and simply take a break when you get tired or are not enjoying it any more.
- ☀ It is very helpful to take quiet time to enjoy composing your responses to these questions and to answer each question as clearly and thoughtfully as possible, expressing your best and most honest response.
- ☀ A few words or sentences can be enough, but often the 'gems' are found in the detail, or just as we think we've written down everything an idea pops up - so be as thorough as you can.
- ☀ And finally, if you find you're repeating answers in different questions – GREAT, KEEP AT IT! This is what we're looking for!

1. What hobbies or interests do you have now?

2. What hobbies or interests have you had in the past (from the earliest to date)?
Start with "I remember ..."

3. What hobbies or interests would you take up if you had more:
Time?

Money?

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9. What do you want the rest of your life to be about?

10. Deep down, what do you really want from life?

11. What if there were NO obstacles whatsoever?

12. What do you want to be doing with your life in 10, 15 and 20 years time?

13. What common themes, building blocks or key pieces of information about hobbies and interests have you noticed from your answers in this section that would you like to make a note of here: