



STEP FORMULA™

IDENTIFY WHAT YOU TRULY ENJOY DOING

This exercise will help you uncover the activities that bring you energy, joy, and alignment—those you could do for hours without feeling drained.

Follow these straightforward steps to reflect and discover what truly fuels you.



FIND A QUIET MOMENT

- Set aside some time where you can focus without interruptions. Grab a notebook or open a document to jot down your thoughts as you work through the prompts.



WORK THROUGH THE PROMPTS

- Read each question carefully and take a few moments to reflect on your answer. There's no need to rush—let your thoughts flow naturally.



BE REAL

- Answer the questions honestly, without worrying about what others might think. This exercise is about what energizes you, so focus on what feels authentic and meaningful to you.



SPOT THE THEMES

- Once you've completed the prompts, go back and review your answers. Look for patterns or repeated ideas—these are clues to what truly energizes and inspires you.



MAKE A PLAN

- Choose one or two activities from your reflections that you'd like to focus on. Write down a few simple steps you can take to incorporate these into your life more regularly.

By the end of this exercise, you'll have a clearer picture of what lights you up and practical steps to make those activities a bigger part of your daily life.

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PEAK ENERGY MOMENTS

- When was the last time you felt completely energized and alive?
What were you doing, and why do you think it brought you so much joy?



TIMELESS ENGAGEMENT

- What activities make you lose track of time because you're so immersed in them?
How do you feel before, during, and after engaging in these activities?

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PASSION AND EXCITEMENT

- What do you talk about with excitement or enthusiasm? If someone asked you to teach or share about something you love, what would it be?



NATURAL STRENGTHS

- What comes naturally to you that others might find challenging or inspiring?
How do you feel when you're using this skill or talent?

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 FLOW STATE

- When have you experienced a sense of “flow,” where everything feels effortless, and you’re fully present? What were you doing, and what aspects contributed to that feeling?

 ENERGY GIVERS

- Who or what gives you energy in your day-to-day life? What activities make you feel refreshed, even if they require effort?

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VIBRATION CHECK

- Which activities make you feel more aligned, uplifted, or “in tune” with yourself?
Are there ways to incorporate them more regularly into your life?



COMPLIMENTS AS CLUES

- What skills, talents, or characteristics do people often compliment you on?
How do you feel when engaging in these activities?

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DREAM ACTIVITIES

- If you had unlimited time and resources, what would you spend your days doing?
How does that align with your current activities?



ENERGY DRAINERS

- On the flip side, what activities leave you feeling drained or depleted?
How can you balance these with activities that replenish your energy?
