



Identify & Seek

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I-Identify

Let's dive a little deeper into YOU!

Answer the next 9 questions in your journal. Allow enough time to do this so you can be thoughtful in your answers, 30-45 minutes is recommended

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- What do your friends and family say you rock at?

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- If you had unlimited resources and the ability to do anything you wanted with your time, what would you do?

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- What gets you angry?

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- What gets you angry?

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- Who inspires you and why?

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- What comes naturally to you?

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- What excites you most?

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- What do you like to talk about?

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- What is your ideal work day like? (What time do you get up? What do you wear? What is your schedule? Are you alone or surrounded by people? Do you work in an office, at home, in a gym, outdoors, etc.?)

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- What section of a bookstore do you gravitate towards?
Is it always the same?

S-Seek

- **Do you see a pattern in any of your answers to these questions?**

For example: Is what you look for at the bookstore the same thing as what inspires you, or what you like to talk about the most? Do they tie together in some way?

Write what comes to mind...

S-Seek

- Did this exercise **SPARK** any ideas that could lead you to your **Limitless Spark**?

Document in your journal.

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Move to the Next Challenge

- Once you've finished this exercise, go to the next challenge, **SUPERPOWERS**.