

Think of times/activities/events where...

- You went into that activity excited and **looking forward to it**
- While in that activity, you were not looking at the clock or bored, but **focused** and zoned in
- After the activity, you felt energized, **rejuvenated**, and wish it didn't have to be over.

Consider: *What were you doing? Who were you with? Who/what were you impacting? Was there a specific point where you were most excited/zoned in? What verbs and adjectives come to mind when talking about the activity?*

Reoccurring themes or words:

REMEMBER!

When was the last time a day flew by?