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?