This exercise will help you reflect and gain insights into your passion, interests, and likings.

**Instructions for completing this activity:**

1. Pick four areas that interest you, and in whichyou have been frequentlyinvolved.
2. Fill up the adjacent columns with either "yes" or "not sure" as applicable.
3. Once you have finished populating the table, identify therow which has the maximum number of “Yeses”.

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| --- | --- | --- | --- | --- | --- |
| **Area of Interest** | *You lose track of time while doing this.* | *You have the requisite talent/skills to do this.* | *You take the initiative; you don’t need to be pushed to do this.* | *You grab every opportunity in this area to improve your skill levels.* | *Even if the activity is challenging, you enjoy taking up the challenge.* |
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My Interest/Passion/Flow appears to be in the area of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.