

Discover your Excitement!

Pre-exercise request:

Before setting about this task get curious about your state of being in relation to your current environment. Environment is key to eliminating pressure, anxiety and creating the right kind of headspace needed for inspiration to come.

Find what is right for you, if you need space, go outside to a park, if you need surround noise, find a busy cafe/bar in which to work. The options are endless.

Step 1

Once ready, all that is required is for you to start brainstorming. Whether it be pen to paper, keys tapping on an electronic device, or creating a visual representation, just start pulling together the things that matter to you.

- What do you like?
- What you watch?
- What do you read?
- What do you smile/laugh at?
- What smells do you like?
- If you have tattoos or piercing, what was it about your choice that was important to you? Why that design?
- What kind of things do you post on social media?

It may sound silly but so many of us get bogged down with everyday life that we often don't get curious about our habits and behaviours and what truly makes us tick. We all have a unique combination code, the key to unlocking it is inside you.

I remember sitting down one day with this exercise after a session with my coach. I listed a whole heap of areas I thought mattered to me. Some were things I was interested in, some were things that pissed me off or flickered an emotion, any emotion.

One of my interests was "eco-housing". That was it, nothing more than that, I knew I loved recycling even if I didn't do it all the time. I loved the fact that people could live simpler lives in harmony with the earth. So as a follow-up, I searched the internet for local, eco-build courses. My search uncovered a "Self-building an Earthship course" no joke! I laughed so much that afternoon I was sold. This course had played to a strange sense of humour in me. It was one of those few moments when even my saboteurs were not sure of what to say and so I booked onto that course as quick as you could say beam me up Scotty! I was learning to follow my excitement.

Now as a follow up, this course definitely didn't lead me to the career of my dreams but it led a braver and bolder me and that was the start of the real transformational change. I

learnt new skills, i met wonderful inspiring people and confronted new parts of myself. From there I kept experimenting with life. It was this curious mindset which then led me to finding my bliss in coaching.

Note to the sceptics!

It's ok if your adult human brain doubts this, thinking it's all too simple to be possible, but hey if it's that simple what have you got to lose by trying it! If it doesn't work for you, then move onto something else. This is one exercise, not "thee" exercise.

In addition to your own list you will build, here is my list of questions and ways (in no particular order) in which I spotted the excitement. The key to all of this is logging it and then connecting some dots, so make sure you write it down in some way shape or form and take the time and space to reflect on it and most of all don't judge yourself for anything you choose to do or not to do. Just get curious.

1. Go on a walk somewhere you've never been before, what do you observe on this walk that flickers an emotion, be present and mindful of people, their behaviours, what they are talking about, what do you like, what don't you like. What is around you that makes you smile? Write it down!!!
2. What did you love to do as a child that you don't do anymore? What small thing can you explore today in this area that will let you know if the excitement is still there?
3. This is not one of my own but I love it. What makes you forget to eat and poop? What is it here that drives you to complete focus. How can you explore this more?
4. Who inspires you, what is it about this person that floats your boat? People who are sources of inspiration to us resonate qualities which can be found in ourselves.
5. If the average human life span was reduced to 40 years, how would you live your life differently?
6. If you had to move country tomorrow, where would you go and what is it about this country, the people, the environment, the way of being that is appealing to you.
7. What do you read that you have the smallest level of interest in? Compile a list of this stuff. Write down themes on post-it notes. Stick them to a wall, stand back and let your mind wander over these. What connects these fragments of interest, what words come to mind. Keep brainstorming, What do you want to explore here? Make it fun, get some large sheets of paper, coloured pens, and stick it to your wall.
8. What does your brain need right now? I thought this was an amazing question set by a group of school kids who felt misunderstood by their teachers just because their needs were different from the majority. So what does your brain need right now, a great question to ask yourself daily. What's your instant reaction. Is it stimulation, fun, space, peace, energetic release, travel etc. Once you have it, get to know it. Brainstorm what it looks like, draw it, if it had a smell what would it smell of? if it had a taste what would that be? If it were an animal, toy, place, what would it be. Just keep playing with it and follow the resonance until it leads to a step or action you'd like to take.