

3 Steps to Identify What You Enjoy Doing

It's a big question, right? The **first step** to become aware of how you spend your time. Do you enjoy academics, social life, helping out, or earning money the most. If I asked you at the end of a day what you did throughout the day could you tell me?

The **second step** is knowing the details. When you become aware of how you spend your time (using a planner or calendar helps capture the details) it's less likely you'll ask yourself why you never do what you want to do, or that you'll run out of time,

The **third step** is knowing Why? Where is it easiest and hardest to procrastinate? What feels natural to do, and what feels like a grind? What are you doing because it's there, and what are you choosing to do?

For example:

Become aware: I spend so much time around food.

Know the details: I help get breakfast for my little brothers. I fix my own lunch. I help my mom grocery shop and make dinner. I like watching Top Chef. I like to choose where my friends and I are going to get something to eat.

Know why: I love to manage things. I like to be the one reading the recipe and getting all the ingredients ready to use.

I don't like the spotlight and I don't want to write the recipe, but I love when the "chef" uses everything I've set up to make the masterpiece, or the pizza.

Other things I could do: manage my schools' soccer team and run the debate club fundraiser (both of these need a good manager who doesn't like the spotlight but does like setting up for success).

Your mission is to list 10 things that you've enjoyed, been interested in, tried, mastered, or learned to love.

