

# Finding Your Flow, Finding Your Passions

## Core Activity

### Reflect on Your Flow Activities

#### Childhood Activities:

Consider the activities you enjoyed as a child that match the flow characteristics.

Activity	What did you enjoy about this activity?

#### Adult Activities:

Identify activities you currently enjoy or feel drawn to. These don't need to be routine; focus on those you love and that put you in a state of flow.

Activity	What do you enjoy about this activity?

**Life Purpose and Passions:**

From the passions identified, consider which ones you want to integrate into your life purpose. Remember, life purpose extends beyond work or career—it's about what brings deeper fulfilment.

A large, empty rectangular box with a thin black border, intended for the user to write their reflections on integrating passions into their life purpose.

As you reflect on the activities that bring you passion and flow, consider how they might fit into your broader life purpose. Draft initial thoughts about how these passions could shape your future aspirations or align with your values. Record these insights in your "Soulful Guide" as a foundation for integrating your passions into your life purpose. This ongoing reflection will help you create a life that feels authentic, balanced, and deeply fulfilling.