

## **Life Interests by Decade, a Journal Exercise**

Originally developed by Justine and Michael Toms

Take a few moments to think back over your life by decade. Starting with 0-10 years old, 10-20, 20-30 and so on. Remember and jot down the interests that stand out during these periods, times that were fun, engaging, the highlights of your life experience, activities that were satisfying. It can be anything; social or family related, school projects, travel, or something unconventional. Someone I worked with years ago, as a teenager, loved helping a friend's mom organize their house; she became a professional organizer. But don't leave something off your list because you think it has nothing to do with work. At this stage we're mining your memory for all the things that matter most to you.

We'll go over your journal together, looking for threads and patterns that run through your life, things that you may want to revive, even as a hobby and what's current. We're looking for language that describes your current interests and why they still mean so much.