

# Interests



## **Interests Exercises**

Many people go through the motions of each day and lose sight of their true interests. You're lucky if you have friends and family that ask you about your interests and encourage you to pursue work in alignment with your interests.

Once you tap into your interests - the products, services, and experiences that evoke happiness, connection, and inspiration for you, then it is time to begin your job search. In the three Interests exercises, you'll learn how to identify your true interests and begin your job search. Work through the exercises with care. Take your time and enjoy.

### **Exercise 1: Map Your Interests**

### **Exercise 2: Hone in on a Focus**

### **Exercise 3: Find an Application**

#### **Supplies:**

- Pen or pencil
- Paper
- Journal
- Black, red, green, blue, and orange pens (or pencils)

# Interests

## Exercise 1: Map Your Interests

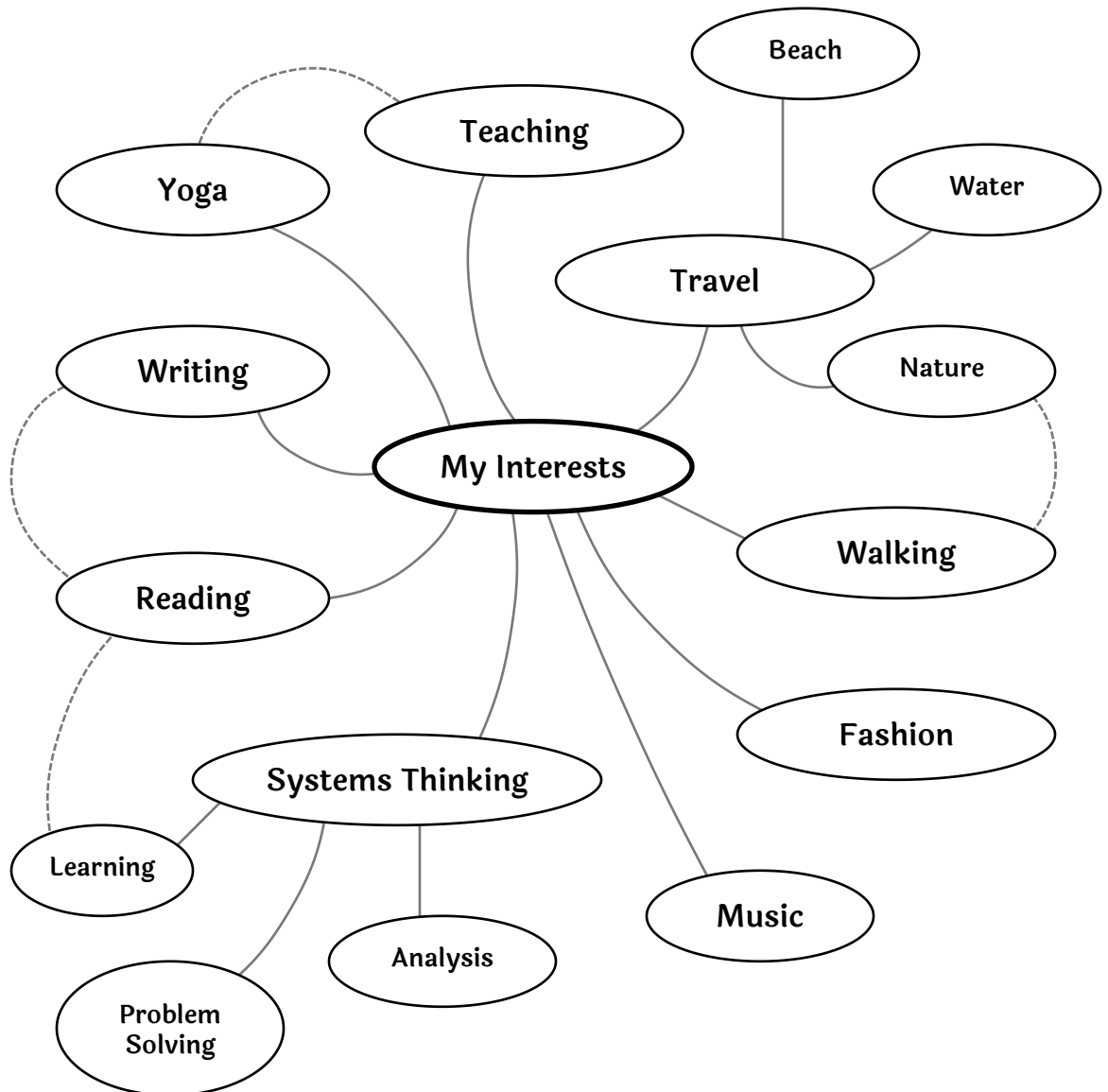
***Intention:** Reconnect with what makes you feel connected, happy, and inspired in order to lead with your interests when searching for a job.*

In this exercise, you will map your interests (work and life interests) using mind mapping! Mind Mapping is a tool for organizing and articulating information. A mind map is a visual diagram that displays information efficiently, in a way that shows connections. The process of mind mapping is expansive and allows you to brainstorm, organize, and see important connections.

In this exercise, you'll make your Interests Map to tap into your true interests. Later on, you'll learn how to use this map to search for jobs that are in alignment with your interests. Remember that choosing a job in alignment with your interests allows you to learn more about your interests and understand the positive impact of your work.

Let's get started. On the opposite page, I have provided an example of an Interests Map. Notice how the expansive nature of a mind map allows for ideating and brainstorming your interests. Turn the page to begin making your own Interests Map!

## Example of a Completed Interests Map



# Interests

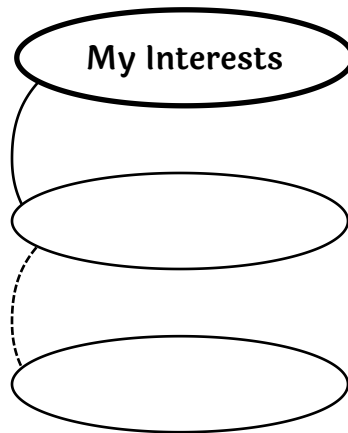
## Exercise 1: Map Your Interests

To make your Interests Map, simply start with a central topic (in this case, My Interests) and then begin to branch by free associating. The process of mind mapping is very simple, but your map will become more valuable and impactful as you continue to map and layer. The template with the basic ordering ideas, or layers, for your Interests Map is below. Use this map as guidance for mapping your interests on the following page.

**Step 1.** Focus on the central topic

**Step 2.** Free associate by adding your interests

**Step 3.** Make connections between your interests and continue to expand!



On the next page, it's your turn to make your interests map. Begin with the central topic of My Interests and, from there, begin reconnecting with your interests by free associating with the prompts: What are my interests? What products, services, and experiences make me feel connected, happy, and inspired? There is really no way to go wrong here, so go for it!

## Exercise 1: Map Your Interests

Your turn!

