

What does it mean to be happy? What does joyful feel like - for you? And how do those things show up in your life?

For many of us, a satisfying, engaged life starts with creating greater joy and making big things happen. We feel happy when we're working towards (and reaching!) goals. We feel joyful when we surround ourselves with inspiring people. We feel fulfilled when we're doing the things we're naturally good at.

When we're doing these things - creating joy, making great things happen, connecting with our gifts - we are anchored in the purest and most brilliant part of us: our spirited soul!

Your spirited soul is the very best of you - it's your *spark + shine*.

Yes! Wonderful! But how does one go about finding those lighting-up things? Here's a hint - **enthusiasm leaves clues** - notice what gets your conscious speedometer racing.

Think about the activities + people + places that make you feel more like you.

**Take a deep breath and relaaaaaax. Those fun, comfortable things that come so easily? That's what we're talking about.**

**This is about enthusiasm and excitement.** It's not necessarily about mastery. You can be great at math and not want to be an accountant. You can be a pretty mediocre writer and chase a journalism career. Happiness and passion are what fuels life - we're going to find yours.

Now that we know what we're looking for, let's start by giving some real attention to your gut instincts around what makes you happy and lights you up

And when I say attention, I don't mean in between texts and tweets. Turn everything off and be brave enough to sit in some deep, de-lici-oso silence. BE with yourself + let the "want" rise up into your consciousness. Your heart. Your head.

What do you REALLY want to do, as a career? Maybe it's not what you've invested the last decade in. (It's okay to begin a new adventure and scrap the past!)

**What activities allow you to feel powerful, useful, inspired + free?**

**What do people in your life constantly thank you for?**

**What do you do in your spare time?**

**What are you doing when life feels effortless + expansive?**

**What are you doing when you feel most like yourself?**

**What do you want to be remembered for?**

**What do you stand for?**

**What would you like to do more of in your life?**

**What would you like to do less of?**

**What did you love to do when you were 10-years-old? Chances are, you still love doing that.**

**What would be so fantastical that you feel a bit hesitant even considering it?**

“Whenever you start guiding yourself by caring about how you feel, you start guiding yourself back into your Stream of Source Energy, and that’s where your clarity is; that’s where your joy is; that’s where your exibility is; that’s where your balance is; that’s where your good ideas come from. That’s where all the good stuff is accessed from.”

—*Abraham-Hicks*