50 NOTABLES

Pay attention to the clues in your life, and see if there are any patterns or hints of a "through-line". Try to list ten instances in response to each question below.

WHEN ARE YOU AT YOUR BEST?

List 10 instances in which you always thrive and excel.

WHEN ARE YOU MOVED EMOTIONALLY?

List 10 times when you've been moved to tears over something you experienced.

WHAT STIRS YOUR (COMPASSIONATE) ANGER?

List 10 times when you felt compelled to act out of a sense of justice.

WHAT GIVES YOU GREAT HOPE?

List 10 things you hold onto with great hope, even irrationally, that others don't.

WHAT KINDS OF PROBLEMS ARE YOU NATURALLY DRAWN TO SOLVING? List 10 things that obsess you.