



Yearning

To what kinds of activities are you naturally drawn?

Rapid Learning

What kinds of activities do you seem to pick up quickly?

Flow

In what activities did you automatically know the steps to be taken?

Glimpses of Excellence

During what activities have you had moments of subconscious excellence when you thought, "How did I do that?"

Satisfaction

What activities give you a kick, either while doing them or immediately after finishing them, and you think, "When can I do that again?"

