

DIVING DEEPER

“One way to identify our desires is to appreciate what it is that gives us the greatest joy... Without joy we cannot be effective. It is therefore very important that we come to terms with what it is that gives us joy... [List] things that have brought us the greatest joy—single events, activities that we have opportunity to do regularly, or things that we used to do. Then...examine what was behind each of these joyful experiences.”

~ Gordon T. Smith¹

Oftentimes, we can find connecting elements in various activities and tasks we enjoy doing. Using these prompts, break down an activity or task into very specific steps, then identify which of these steps you enjoy most. Lastly, consider other activities or tasks that involve the steps you chose. This can help you discover new interests to explore.

What is an activity or task you enjoy doing?

What are the steps or elements involved in this activity or task? Write out each step, no matter how small or insignificant it may seem.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Add more steps on the back of this worksheet if needed.



Circle your favorite steps of the activity or task. What do you enjoy doing most? What elements of the activity or task make you feel most fulfilled or satisfied?

What other activities or tasks include similar steps or processes?

Choose one of these other activities or tasks to try out.

¹ Smith, Gordon T. *Courage and Calling: Embracing Your God-given Potential*. Downers Grove: InterVarsity Press, 2011. 40.

