



what do I really want from life?

DAY ONE: QUESTIONS

PART 1: Describe a (hopefully relatively recent) situation where you felt super 'buzzy'/energised/on top of your game.

- Where were you, who were you with and what were you doing?
- How did you come to be there?
- What was it exactly about the situation that made you feel so buzzy/energised?

PART 2: Describe a (hopefully relatively recent) situation or moment where you felt ridiculously content.

- Where were you, who were you with and what were you doing?
- How did you come to be there?
- What was it exactly about the situation that made you feel so buzzy/energised?

PART 3: Quick analysis

Going on your answers to the above, what is jumping out at you as things you value highly/bring out the best in you?



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DAY ONE: KELLY'S ANSWERS

PART 1: Describe a (hopefully relatively recent) situation where you felt super 'buzzy'/energised/ on top of your game.

- **Where were you? What were you doing? Who were you with?** Speaking at the Problogger conference on the Gold Coast to a large group of blogging peers
- **How did you come to be there?** I put in an application to speak for 4 years in a row ... and finally got a YES!
- **What was it exactly about the situation that made you feel so buzzy/energised?** The fact that I was speaking (because I love speaking/presenting), to a group of my peers (ie people who already 'got' what I was going to be talking about) along with the validation that came from being chosen to speak. Also, the lovely feedback I got afterwards meant I was on a high for a week after the event.

PART 2: Describe a (hopefully relatively recent) situation or moment where you felt ridiculously content.

- **Where were you? What were you doing? Who were you with?** At home in our backyard with Ant and the kids, chatting while kicking the footy around with the kids.
- **How did you come to be there?** Ant and I have worked quite hard to put ourselves in a position where we're both home in the afternoon and able to get good time with the kids at that time. It's important to us to have this time as we both work full-time-ish hours and don't see the kids during the day. So we've built our working days around having that time in the afternoon.
- **What was it exactly about the situation that made you feel so content?** The fact that everyone was very chilled out. The kids were stoked to be out in the backyard with both their parents. Ant and I were feeling (at the moment in time) very un-stressed so we were able to have a nice conversation without any angsty-ness! It was just nice being able to be fully present with my family and enjoying time with them without and tension or distractedness because of worries and stresses!

PART 3: Quick analysis

- **Going on your answers to the above, what is jumping out at you as things you value highly/bring out the best in you?** Recognition from my peers. The ability to help people by sharing my knowledge. Quality time with my family. The ability to be fully present in the moment with my family.

a life less frantic