

IDENTIFYING YOUR WELLSPRING AND QUICKSAND

PART OF THE FASCINATION ANTHEM™ BUILDER

Before you can craft an Anthem that is truly valuable, you first have to discover which tasks fill you with energy and which tasks require the most effort for you to complete.

Think carefully about which tasks fit into these two categories, and write them down in the appropriate box.

WELLSPRING (ENERGIZING)

List tasks here that make you feel more focused and in the flow. When you're completing these tasks, you're productive, energized, and challenged.

QUICKSAND (DRAINING)

List tasks here that are extremely effortful for you to complete. They leave you bored, exhausted, and distracted. You'd rather be doing something else.