MEANING, DIRECTION & EMERGING POTENTIAL

When Do I Feel Most Alive?

About 10 minutes, with brief noticing during the week

This workbook offers a gentle introduction to the practice for you to explore on your own; deeper work is best undertaken with the support of a professional counsellor.

Notice what draws your interest

Feeling alive can be quiet: becoming interested in a conversation, absorbed in making something or moved by a place. This practice invites you to notice ordinary moments that feel engaging, worthwhile or a little more your own.

You do not need excitement, achievement or a strong sense of purpose. A small moment of interest is enough to explore.

1. Recall one ordinary moment

Think of a recent occasion when something held your interest or gave you a sense of connection or satisfaction. It might have lasted only a few seconds. Choose a memory that feels comfortable to consider.

2. Describe what was happening

Where were you? What were you doing, and were you alone or with others? Focus on the details you remember. You might have been listening, learning, making, helping, resting or simply noticing something.

3. Explore what mattered about it

Which part of the experience drew you in? Perhaps it offered space, companionship, discovery, expression or something else. Describe what mattered in your own words. There may be more than one element.

4. Consider the conditions

What helped make the moment possible? Notice practical details such as time, access, company, a place or a manageable level of effort. Consider any costs or mixed feelings too. Interest does not automatically make an activity right for every situation.

5. Give something a little room

Is there a small element you would like to make room for again? You might allow time for a conversation, look more closely at something or return to an interest briefly. Choose what fits your circumstances without requiring the same feeling to return.

If no example comes to mind, leave the memory question open. You can look for a small moment of interest in the days ahead, or leave the practice for now. Nothing needs to be forced.

WHEN DO I FEEL MOST ALIVE?

Look at one moment

The moment I remember, and what was happening:

What drew me in, and what made the moment possible:

A small element I might make room for again:

An ordinary example

You become interested while talking with a friend about how something works. Looking back, it may have been the chance to learn, the shared attention or having unhurried time. You could make room for one of those elements again, without needing to recreate the whole occasion.

These moments offer clues to explore. They do not reveal a single true calling, measure your wellbeing or tell you what major decision to make.

WHEN DO I FEEL MOST ALIVE?

Returning to the practice

Over four weeks

Use the pace in your Development Map plan if this exercise has been recommended. A few observations are enough; you do not need to keep searching for meaningful moments.

Week 1 | Notice a small moment

Recall or notice an ordinary moment of interest, connection or satisfaction. Record only as much as helps you remember it.

Week 2 | Look at the details

What mattered in that experience? Notice the activity, company and conditions. Several moments may share something, or each may matter in a different way.

Week 3 | Make room for an element

Choose one manageable way to give an element of the experience some space. Notice what happens without requiring enjoyment or a particular result.

Week 4 | Consider what to carry forward

Which interests or conditions would you like to keep exploring? What was less useful than expected? Let your next step remain modest and open to revision.

What seems worth making a little more room for?

This practice supports self-reflection. It is not a treatment or a substitute for professional support.

Work with me

If this workbook has opened up something you would like to explore further, you are welcome to get in touch. I offer psychotherapy and counselling in Dalston, East London, and online. We can use an initial session to consider what brings you to therapy and whether working together feels right for you.

BOOK AN INITIAL SESSION	CONTACT ME