

## ***‘Buzz Moments’***

This exercise is designed to help you to uncover those ‘buzz moments’ – when you felt truly yourself, totally at one with life, satisfied, energised, enthusiastic and alive. Times when you were at your best. Times when you were ‘in the zone’.

The idea is to use this knowledge as a foundation on which to build a happy and energising future.

### ***Step One:***

Think over your life so far – from your earliest childhood memory to the present day. If it feels overwhelming, break the years down into decades and take one at a time.

Make a list of all the times when you felt on top of the world, really energised, excited, enthusiastic, positive - alive. When you felt truly yourself, contented and happy.

Don’t make any judgements on what comes to mind (i.e. ‘that sounds really boring or unexciting’). It doesn’t matter how insignificant the event or moment might seem - write it down anyway. It’s important to note absolutely anything that you think of. In other words, it doesn’t have to be “the time I climbed Everest” it could simply be “when I was sitting in the garden listening to music.”

### ***Step Two:***

Ask yourself: “What was it about that particular experience that was so special?” Jot down some notes. Look at your list and notes and see if you can find any themes or patterns emerging. Make a note of these separately. These might be specific or broad in nature, e.g. ‘folk music’ - ‘travel’ - ‘connecting people’ - ‘creativity’ - ‘adventure’ - ‘nature’ - ‘making a difference’ - ‘spirituality’ - ‘working with dogs’ - ‘working in P.R.’ - ‘writing poetry’ - ‘being part of a team’.

### ***Step Three:***

See if you can come up with a list of all the things that are really important to you – those things that you need in your life to be happy, energised and content. Highlight the ones that are the ‘non-negotiables’ rather than the ‘nice to haves’...

You can use this list – particularly the ‘non-negotiables’ – as your touchstone for future decisions.