



The following exercises from Chapter 17 will guide you in uncovering the tendencies, talents, and interests from your earliest experiences, as well as those that unfolded over time — helping you to reflect on how these gifts may point toward your present dharma.



Which activities were I naturally drawn to during my early years?

Try to recall not only what you did, but the activities that stirred a sense of enthusiasm and joy—those you pursued without needing any encouragement from others. What thrilled and delighted you?



What did I love about each of these activities?

Was it the feeling of mastering something, the creativity involved, the challenge, the sense of belonging—or perhaps the discovery of an inner calling?



What lasting qualities or lessons did I gain from these pursuits?

Look for qualities and insights that may not have been obvious at the time—patience, perseverance, wonder, curiosity, creativity, or others. Reflect on how these activities helped shape who you are today and how they influence your decisions and approach to life.
