

ican...
Feel it

Activity



ican...
Feel it

Focusing on what I care about

You may have a positive mindset and a clear vision to work towards, but unless this vision contains what you really care about your heart won't be in it.

You can achieve just about anything if it matters enough to you. Sometimes though, many of us are so busy rushing through life working harder and harder, it is possible to forget what makes us happy and what we care about.

Be honest with yourself and think in your heart of hearts what do you care most about?
What do you love doing? What do you believe in?

To help you answer these, get yourself a piece of paper and using the Feel It Questions in the heart to prompt some ideas, make a list of all the things you really care about. Make the list as big and creative as possible, looking at the whole of your life – your working, learning, playing and giving.

Now take a look at the following images, each a potential Doorway through which you may get opportunities to involve yourself with those things you care most about. There's even a mystery door just in case. You may be able to earn money (work), understand more (learn), have fun (play), or contribute (give) to an area you are interested in.

The heart of what matters

Passions

What are you really passionate about?

Purpose

What purposes and causes would you like to give your time and talents to?

Excitement & fun

What do you do with friends and/or at a weekend that gets you excited and helps you have fun?

Hobbies & interests

What hobbies or interests do you have, or would love to get involved in?

Fired up

What issues or topics get you most fired up?

Subjects

What are your favourite subjects?

Many people spend more time planning their holidays than their career but when you find a role you love, you can add five more days to your weekend.



Animals



Arts



Business



Care



Charity



Communications



Construction



Creativity



Culture



Design



Development



Elderly



Engineering



Entertainment



Employment



Environment



Equality



Families



Faith



Fashion



Finance



Food and drink



Health



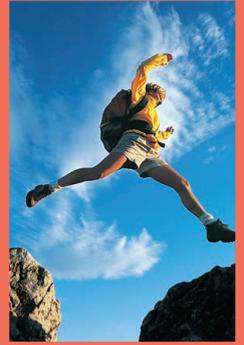
Homes



Justice



Learning



Lifestyle



Languages



Making



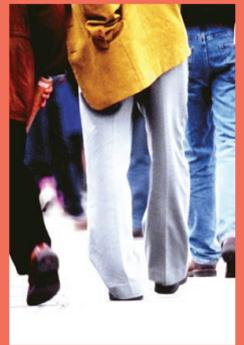
Media



Music



Outdoors



People



Politics



Poverty



Public service



Regions



Retail



Science



Space



Sport



Technology



Transport



Travel



World affairs



Volunteering



Youth



Mystery

It's my life and I love it

There are lots of possibilities to bring the things you love to life. You can work with them, learn with them, play or give with them. Take a look at the list you have created and the doors you have circled and choose a couple of items you enjoy the most for each of the working, learning, playing and giving circles below.



Make a note of these in the 'Feel It' section of your **iCan Poster** (Welcome resources).

You may want to take this further by creatively combining some of your doors together. For example you may have chosen a sport door and an obvious way of getting involved with sport is by playing it. If, however, you combine sport with some of the other doors it can open up all kinds of other opportunities that will allow you to still get involved with sport but in a different way.

Media e.g. writing, reporting, blogging

Development e.g. sports clothing design, performance improvement techniques

Health e.g. working with families to get young people engaged in sport, improving well-being and health of others.

It's not the days
in your life that
count it's the life
in your days.

Demelza house hospice