

Calling Clues Map

Four boxes. Fill them honestly; read the pattern after.

What absorbs me

hours vanish when I do this

What I would do for free

and still feel it was worth it

What I protect

time, people, or values I defend

What I would miss most

if it vanished next week

Reflection

Five questions from the article — take them slowly.

Carry these into a quiet few minutes.

1. When did I last lose track of time, and what was I doing?

2. What do I keep protecting, even when it is inconvenient?

3. Which memory, when it surfaces, still warms me?

4. What would I genuinely miss if it disappeared next week?

5. What quality in someone I admire do I most want to live out?
