

# Red Thread Questionnaire

This exercise is a contemplative one that requires a good frame of mind (not tired, well rested, not post 3 beers or glasses of wine) and an open curious mind without self-editing. There are no right or wrong answers. Do not judge yourself!

When was the last time you lost track of time?

When was the last time you instinctively volunteered for something?

When was the last time someone had to tear you away from what you were doing?

When was the last time you felt completely in control of what you were doing?

When was the last time you surprised yourself by how well you did?

When was the last time you were singled out for praise?

When was the last time you were the only person to notice something?

When was the last time you found yourself actively looking forward to work?

When was the last time you came up with a new way of doing things?

When was the last time you wanted the activity to never end?