

THE EIGHT LEVELS OF INTENTION

Find your Tick

Your Tick is the one specific activity that makes you tick in each area of life. It's something you do, never a feeling: running, journaling, mentoring, cooking for friends. If your Why is your reason at each level, your Tick is your fuel. Start with your Why, then use these pages to find the activity that keeps you going.

- 1 Take one level at a time.** Find a quiet half hour and a pen. You don't need to finish in one sitting.
- 2 Answer the questions that speak to you.** Skip any that don't. Write down activities you actually do, or want to do.
- 3 Notice what keeps coming back.** Circle the activities that show up more than once.
- 4 Choose the one that most makes you tick.** Write it in one or two words in the box at the bottom of the page.

A Tick is an activity, not a feeling

If an answer comes out as a feeling, ask yourself what you are doing when you feel that way. That activity is your Tick.

A TICK

Hiking, painting, coaching, gardening, fly fishing, game nights

NOT A TICK

Peace, joy, balance, growth, connection, freedom

- | | |
|-------------------------------|-------------------------------|
| 1 Mental and Emotional | 2 Physical |
| 3 Familial and Social | 4 Career and Financial |
| 5 Intellectual | 6 Spiritual |
| 7 Recreational | 8 Philanthropical |

LEVEL 1 OF 8

Mental and Emotional

Your Tick here is a specific activity or hobby, like journaling, meditation or painting.

1 What creative activity helps you process your emotions?

2 What specific hobby or practice do you regularly engage in to boost your mood?

3 What type of personal project or activity sharpens your mental focus?

4 What reflective hobby or interest helps you unwind after a long day?

5 What recurring activity helps you manage stress effectively?

6 What pastime makes you feel most connected to your inner thoughts?

7 What activity do you find meaningful for balancing your mental and emotional health?

Activities that keep coming up: _____

MY MENTAL AND EMOTIONAL TICK

One or two words



LEVEL 2 OF 8

Physical

Your Tick here is a form of movement or sport, like running, yoga or cycling.

1 What physical activity leaves you feeling energized and accomplished?

2 What type of outdoor adventure or sport do you enjoy the most?

3 What regular exercise or routine brings you joy?

4 What activity combines physical movement with relaxation for you?

5 What physical challenge excites you the most?

6 What sport, dance, or movement hobby makes you feel alive?

7 What new physical activity have you always wanted to try?

Activities that keep coming up:

MY PHYSICAL TICK

One or two words



LEVEL 3 OF 8

Familial and Social

Your Tick here is a shared activity or tradition, like cooking, gaming or hiking.

1 What activity brings you the most joy when shared with family or friends?

2 What group hobby or tradition do you most look forward to?

3 What pastime helps you build stronger bonds with loved ones?

4 What type of event or activity do you love organizing for others?

5 What shared interest or project deepens your connections with others?

6 What collaborative activity do you most enjoy participating in?

7 What group pastime do you wish you could do more often?

Activities that keep coming up: _____

MY FAMILIAL AND SOCIAL TICK

One or two words



LEVEL 4 OF 8

Career and Financial

Your Tick here is a career-related hobby or interest, like writing, coding or mentoring.

1 What hobby or activity has taught you skills you use in your career?

2 What type of creative or strategic project excites you the most?

3 What specific activity makes you feel accomplished at work or in your side projects?

4 What professional skill do you enjoy improving in your free time?

5 What type of challenge or task motivates you in your career?

6 What interest or hobby could you turn into a career opportunity?

7 What activity do you enjoy that also supports your financial goals?

Activities that keep coming up: _____

MY CAREER AND FINANCIAL TICK

One or two words

LEVEL 5 OF 8

Intellectual

Your Tick here is a learning activity or intellectual pursuit, like chess, writing or astronomy.

1 What subject or topic do you love learning about in your free time?

2 What creative or analytical hobby excites your intellect the most?

3 What research or learning-based activity could you spend hours on?

4 What type of puzzle, game, or mental challenge do you enjoy?

5 What intellectual pursuit brings you the most satisfaction?

6 What type of creative project feels intellectually stimulating to you?

7 What topic or skill are you most passionate about exploring further?

Activities that keep coming up: _____

MY INTELLECTUAL TICK

One or two words _____

LEVEL 6 OF 8

Spiritual

Your Tick here is a spiritual activity, like meditation, hiking or journaling.

1 What reflective or spiritual practice helps you feel most grounded?

2 What creative activity feels deeply meaningful or spiritual to you?

3 What type of ritual or mindfulness practice do you regularly engage in?

4 What outdoor or nature-based activity connects you to a higher purpose?

5 What spiritual philosophy or topic do you enjoy learning about?

6 What practice helps you express gratitude or self-awareness?

7 What hobby or interest deepens your spiritual connection?

Activities that keep coming up: _____

MY SPIRITUAL TICK

One or two words



LEVEL 7 OF 8

Recreational

Your Tick here is a leisure activity, like hiking, painting or kayaking.

1 What purely fun activity do you most enjoy in your free time?

2 What creative or hands-on hobby helps you relax?

3 What type of outdoor or nature-based pastime excites you?

4 What new recreational activity would you love to try?

5 What leisure activity makes you feel spontaneous and playful?

6 What group activity or shared hobby do you enjoy most with others?

7 What pastime brings you a sense of pure fun and joy?

Activities that keep coming up:

MY RECREATIONAL TICK

One or two words



LEVEL 8 OF 8

Philanthropical

Your Tick here is a volunteering or giving activity, like mentoring, organizing or gardening.

1 What volunteer activity or cause excites you the most?

2 What specific skill or hobby do you enjoy using to help others?

3 What type of community project or initiative do you love contributing to?

4 What creative idea or event would you organize for charity?

5 What passion project could you start to give back?

6 What personal experience motivates you to contribute to a cause?

7 What kind of mentorship or teaching activity brings you joy?

Activities that keep coming up:

MY PHILANTHROPICAL TICK

One or two words

ALL EIGHT TOGETHER

My Ticks

Copy your Tick from each level here. Seeing all eight side by side shows where your energy comes from, and where you might want more of it.

1 **Mental and Emotional**

2 **Physical**

3 **Familial and Social**

4 **Career and Financial**

5 **Intellectual**

6 **Spiritual**

7 **Recreational**

8 **Philanthropical**

What's next

Your Tick comes after your Why: your Why is your reason at each level, and your Tick is your fuel. Next come your Core Values, your Code and your Purpose. The Point, the book, walks you through each one.

**Prefer a guide?**

The Point - Life Planner app talks you through your Tick at every level, and finding your Tick is free. On iPhone and on the web at app.thepointventure.com.