

Brio Brainstorm

Find the Little Things That Put a Hop in Your Step

When I'm _____ in the kitchen, I am enthusiastic.

When I'm working at my job, _____ makes me smile & feel tingly.

When I wear _____, I feel confident.

When I talk about _____, I get excited and tend to ramble.

When I exercise by _____, I have a burst of energy.

When I look around the room, I'm most drawn to _____.

When I talk to _____, I'm exhilarated.

When I shop, I flip out when I find _____.

When I visit _____, I feel alive.

When I listen to _____, my heart is a song.

When I watch _____, I remember what it's like to be a fan.

When I see _____, I get hungry for more.

When I read _____, my spirit is moved.

I'm enthusiastic about _____.

I'm a zealot for _____.

I yearn for more _____.

I would be devastated if I couldn't _____.

I _____ when I need a little personal oomph.

If all my obligations for tomorrow were suddenly dissolved, I would _____ for 24 hours straight.