Your personal interest log

www.notaballerina.com

Print and keep this list handy for a few weeks, and each time you find yourself drawn in to read an article, listen to an interview, watch something on TV, choose a book, or have an in-depth discussion, make a note of the topic that drew you in.

e.g. travelling around Australia	

If you're happy to share, email me at amanda@amandakendle.com with a scan or photo of your list, or just tell me how it went. Any surprises?