

Interest Menu

Chapter 5 • **example**

Five categories. Don't censor.

INTEREST

true-crime podcasts · reading about houses · talking to

Ana · a specific fizzy drink · 90s music, loud

NOVELTY

the café by the school · standing at the bench · a new pen (embarrassing

but true) · doing it in the car outside · first thing, before anyone's up

CHALLENGE

beat yesterday's time · do it in one go, no breaks · fewer

than five emails · no phone for the whole block

URGENCY

the school run · bins, Tuesday · someone waiting for a text

· the kettle

PASSION

the kids not inheriting my paperwork · not being the one

who forgot · the garden

Interest Menu

Chapter 5

Five categories. Don't censor.

INTEREST

NOVELTY

CHALLENGE

URGENCY

PASSION
