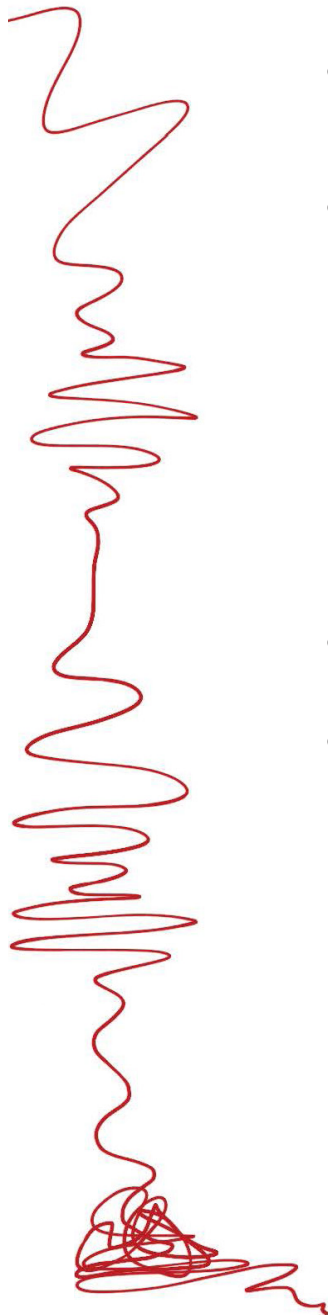




## WHAT ARE RED THREADS?

RED THREADS is a metaphor Marcus uses to describe an activity that you do, specifically at work, that gives you energy, excitement, and joy. Individually, these threads are moments of activity. As a whole, these threads should be woven into the fabric of our lives. While you consider the activities that make you feel strong, energized and excited, keep these helpful tips in mind:



- ♥ Be sure you are capturing specific, in-the-moment activities that you are doing. Meaning, it wasn't being done *to* you or *for* you.
- ♥ Be sure the activity *itself is fulfilling*, NOT the outcome or result that energizes you. For instance, you might say, "I loved that my VP approved the budget report." That is the **OUTCOME** or the **RESULT** of the activity — not the actual activity itself. You want to capture activities you have control over — you can easily repeat. You may have loathed actually doing that budget report — but the result created energy for you. That is not a strengthening activity — that is a strengthening circumstance. Those are not considered Red Threads because we can't easily and intentionally repeat them.
- ♥ If you were to rate the activity on a scale of 1-10, it would be an 8, 9, or 10 activity.
- ♥ This should be an activity that you are *good at* AND *love doing*. An activity with all love and no skill, is what Marcus calls - a hobby.

LOVE+ SKILL = **RED THREAD**

LOVE+ NO SKILL = **HOBBY**