**The Red Thread Questionnaire**

By Marcus Buckingham

*Try to answer each question instantaneously, off the top of your head, as it were. Don’t overthink it or intellectualize it. Just come up with the last time you felt these ten feelings. You might write down the date or the time, but more importantly, write down what you were doing. Which activities created in you these specific sorts of experiences?*

**When was the last time …**

… you lost track of time?

… you instinctively volunteered for something?

… someone had to tear you away from what you were doing?

… you felt completely in control of what you were doing?

… you surprised yourself by how well you did?

… you were singled out for praise?

… you were the only person to notice something?

… you found yourself actively looking forward to work?

… you came up with a new way of doing things?

… you wanted the activity to never end?

Your goal is to list at least three activities—although more than three is absolutely fine—where you saw or felt one of the three signs of love: you instinctively volunteer for it; you disappear within it and time rushes by; you feel mastery at it.

**What activities did you discover (list them)?**

*And now, for each one, ask yourself those “Does it matter?” questions.*

**Does it matter who you’re doing it with?**

**Does it matter when you do this?**

**Does it matter why you’re doing this?**

**Does it matter what the focus or the subject is?**

**Does it matter how you’re doing it?**

*Each question will push you for that one additional detail, that one specific characteristic that can transform a colorless thread into something spiritually uplifting. And each answer, each precise detail, will give you power. Through your answers, you’ll learn how to use your own loves to identify your reddest threads, so you can then weave them into contribution. What a gift to give yourself.*