

# Find Your Feel Good Hobby

A Self Discovery Guide To Finding Your Ideal  
Hobby.



SYMPLOQ  
LIFE  
COACHING

You don't need a reinvention, you need a reconnection. This guide is designed to help you gently rediscover what brings you joy.

Here's what to do:

Answer these 3 simple questions

Reconnect with your energy

Explore hobby ideas that match how  
you feel



## Question 1

What are the little things you love talking about, even when no one asks? *(This is often where your passions live)*

## Question 2

When do you feel most like yourself? *(What moments make you lose track of time or feel free?)*

## Question 2

If your energy could speak right now, what would it say?  
*(Circle the answer that speaks to you)*

I want to.....

**Create**

**Move**

**Connect**

**Learn**

**Rest**



What to do next.....

Your answers are clues. Match your energy with these hobby ideas.

If you want to... **CREATE**

You're craving expression, imagination or beauty.

- Journaling (free-writing, gratitude or guided prompts)
- Watercolour painting or sketching
- DIY home decor or upcycling projects
- Candle or soap making
- Scrapbooking or memory journaling
- Creative writing or poetry
- Sewing or embroidery
- Digital design (e.g. Canva)
- Cooking or baking something totally new
- Photography
- Flower arranging
- Pottery or ceramics
- Making playlists with a mood or theme.



## If you want to... **MOVE**

You're craving energy, flow or release.

- Yoga (restorative, vinyasa or yin)
- Dancing (zumba, freestyle or silent disco at home)
- Hiking or forest walks
- Swimming or aqua aerobics
- Hula hooping (fun and silly = good)
- Pilates or barre
- Learning a choreography from Tiktok or Youtube)
- Rebounding (mini trampolines)
- Rock climbing or indoor bouldering
- Stand up paddleboarding
- Roller skating
- Martial arts or boxing for beginners
- Just walking to a podcast (consistency over intensity)



## If you want to... **CONNECT**

You're craving people, community or shared space.

- Book club (local or online)
- Volunteering in a cause that matters to you
- Community garden or working bee groups
- Attend local workshops or markets
- Joining a co-working or hobby meet up
- Organising dinner parties
- Theatre, improv or group acting classes
- Learning Auslan (sign language)
- Pen palling or digital community forums
- Language exchange groups
- Co-hosting a podcast or blog
- Joining a choir or community music group
- Hosting a monthly movie night
- Check out local community centres or churches



If you want to... **LEARN**

You're craving stimulation, growth or curiosity.

- Online courses (Udemy, Coursera, Skillshare)
- Learning a language
- Reading non-fiction or memoirs
- Listening to podcasts on themes that fascinate you
- Starting a side hustle just to experiment
- Plant care and propagation
- Budgeting or finance tracking as a fun challenge
- Attending lectures or author talks
- Watching documentaries with a notebook
- Exploring new cuisines and cultures through cooking
- Self paced art history or psychology classes
- Learning chess or strategic games



If you want to... **REST**

You're craving peace, softness or stillness.

- Cloud watching or stargazing
- Gentle gardening
- Puzzle building or slow paced games
- ASMR, meditative or ambient sound playlists
- Restorative yoga or stretching
- Adult colouring books or mandala drawing
- Watching feel good films intentionally (not just scrolling)
- Hand lettering or calligraphy
- Scent blending (essential oils, diffusers)
- Bath rituals or home spa evenings
- Tending to plants
- Breathwork or meditations
- Journalling without a prompt - just flowing





## Ready to Go Deeper?

You've just taken the first step. And if this guide helped you exhale a little... imagine what 30 days of self-worth work could do.

Explore our bestselling \$17 bundle:

### The Self-Worth Reset Kit

A 3-part audio series, workbook and bonus tools to shift your mindset from “not enough” to “deeply grounded.”

Find this, and more at [www.sympliq.com.au](http://www.sympliq.com.au)

*With Love*

*Lucy & Tammy xx*

