

Developed by Rolf Faste in 1997 from an article written by Larry Weber, a graduate writing student at Stanford University, titled "A Writer's Personal Discovery Of His Primary Fascinations."

Fascination Finding

1. Create a list of everything that you enjoy doing, have truly enjoyed doing, or enjoy thinking about doing. This should comprise everything that interests or fascinates you (ideas, subjects, things, people, etc.).

2. Pick an important fascination/activity from your list. Recall a situation in which the performance of one of the activity/fascinations was particularly enjoyable. Visualize doing it again as accurately as you can.

3. List your thoughts and feelings about this activity, especially the most enjoyable and interesting parts of this situation.

4. Identify the single best part of the experience.

5. Choose an action verb which best describes or crystallizes this best part.

6. Use this action verb in a sentence to improve your description of what you enjoy doing regarding this fascination.

7. Repeat the process 2 through 6 for each major fascination on your original list. This needn't be done all at once. You may choose to do this on different days.

8. Brainstorm to find connections between your refined fascinations. This may be done privately or in discussion sessions with fellow students. This exercise should continue to the extent that it appears to be generating thought provoking material.