

01 / FIT BEFORE FANTASY

The Hobby Finder

An honest five-minute filter for your actual life, not your fantasy Tuesday.

Start with the constraints

- I can give this ____ minutes per week, on these days: _____
- I can spend up to \$____ to test it. I already own: _____
- After a full day, my energy is usually: LOW / MIXED / HIGH
- I want: SOLITUDE / COMPANY / BOTH
- I have space for: POCKET-SIZE / TABLETOP / OUTDOORS / OTHER

Pick the feeling, not the output

Circle two: absorbed • playful • outdoors • expressive • skilled • connected • calm • curious

What do you enjoy doing even when the result is unimpressive?

02 / ROUTE

Find three candidates

Choose a lane. These are tests, not new identities.

Hands + quiet

Collage from scraps; cross-stitch on a small kit; sketching one object; borrowed-library cookbooks.

Out + noticing

Neighborhood photo walk; local walking group; bird spotting; a balcony herb experiment.

People + play

Beginner mahjong lesson; community choir; book-club trial; drop-in pottery workshop.

Learn + tinker

Language conversation group; library repair event; beginner chess; one flower-arranging class.

My shortlist

1. _____
2. _____
3. _____

03 / TEST

The first session

A hobby only has to earn a second try.

Choose the easiest candidate

- My first test: _____
- When and where: _____
- The smallest possible setup or free trial: _____
- I will cap the first test at _____ minutes and \$_____.

Afterward, mark the evidence

- I lost track of time: YES / MAYBE / NO
- I would do the process again even without praise: YES / MAYBE / NO
- The effort felt: REFRESHING / NEUTRAL / DRAINING
- Next move: TRY AGAIN / CHANGE THE SETUP / TRY ANOTHER

If you want a fuller way to turn curiosity into a repeatable practice, explore The Hobby Edit at The Next Edit. A second session is enough for now.