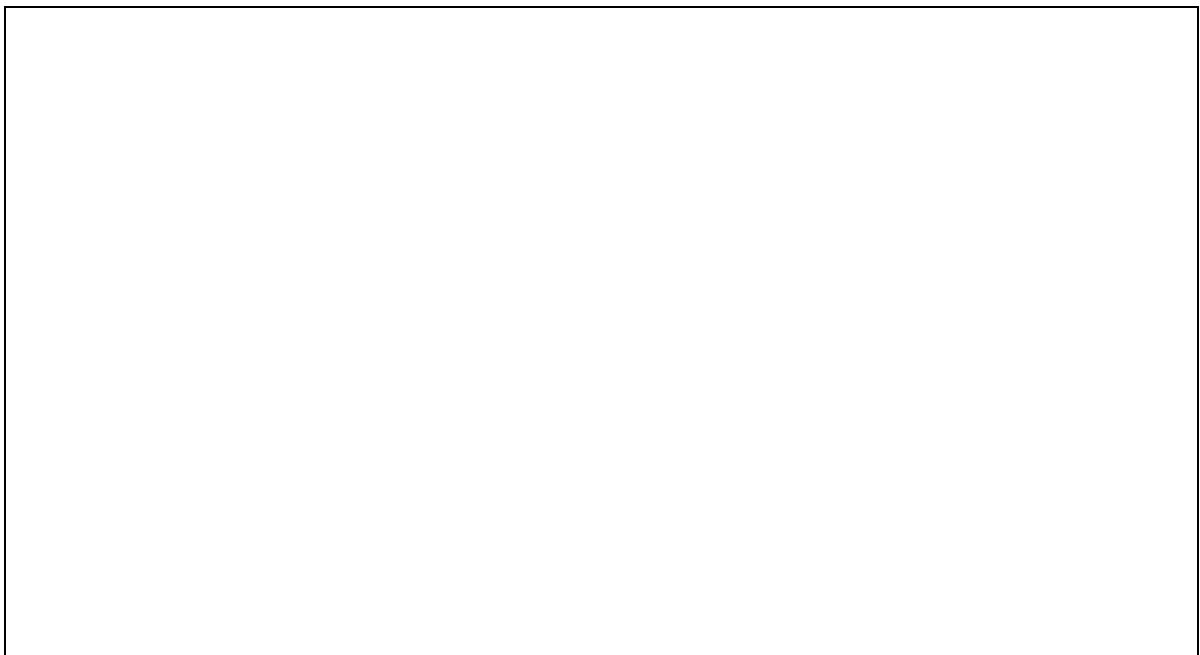


## What is your passion?

**Answer the following questions and see what you come up with. You may already know your passion or think you know it but you may actually be surprised that it is something totally different to what you thought it was!**

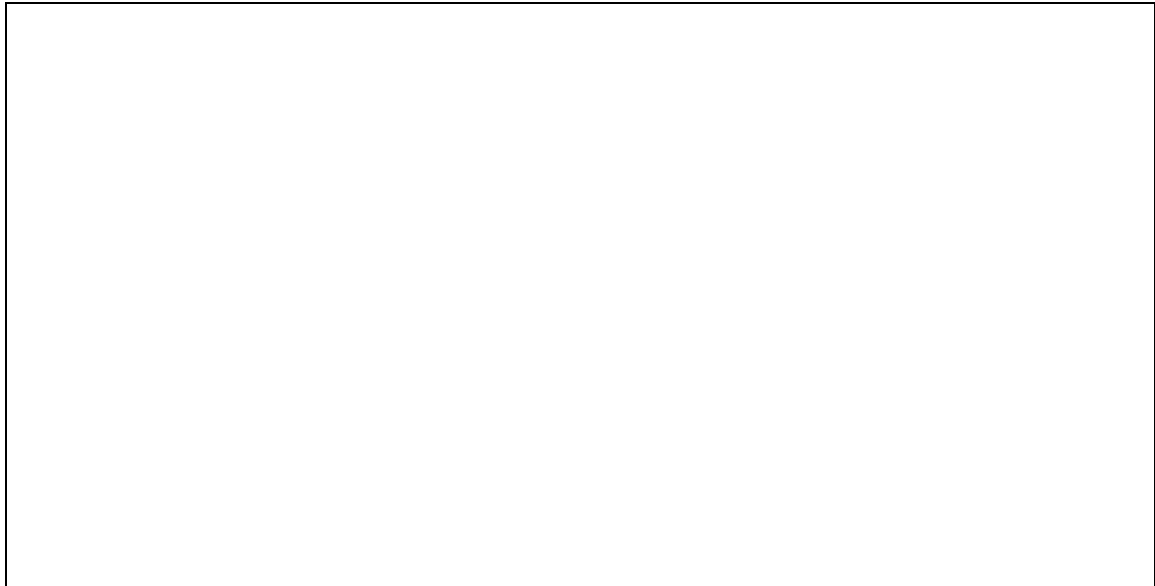
### **1. 'What Makes Me Lose Track Of Time?'**

If someone is struggling to find their passions, a great indication is to identify what makes them blissfully happy to the point where they lose track of time. Time is such a precious commodity. If a person is so engaged in something to the point where they become unaware of how much time has passed, that's a good sign they are passionate about whatever it is they are doing.

A large, empty rectangular box with a thin black border, intended for the user to write their answers to the first question.

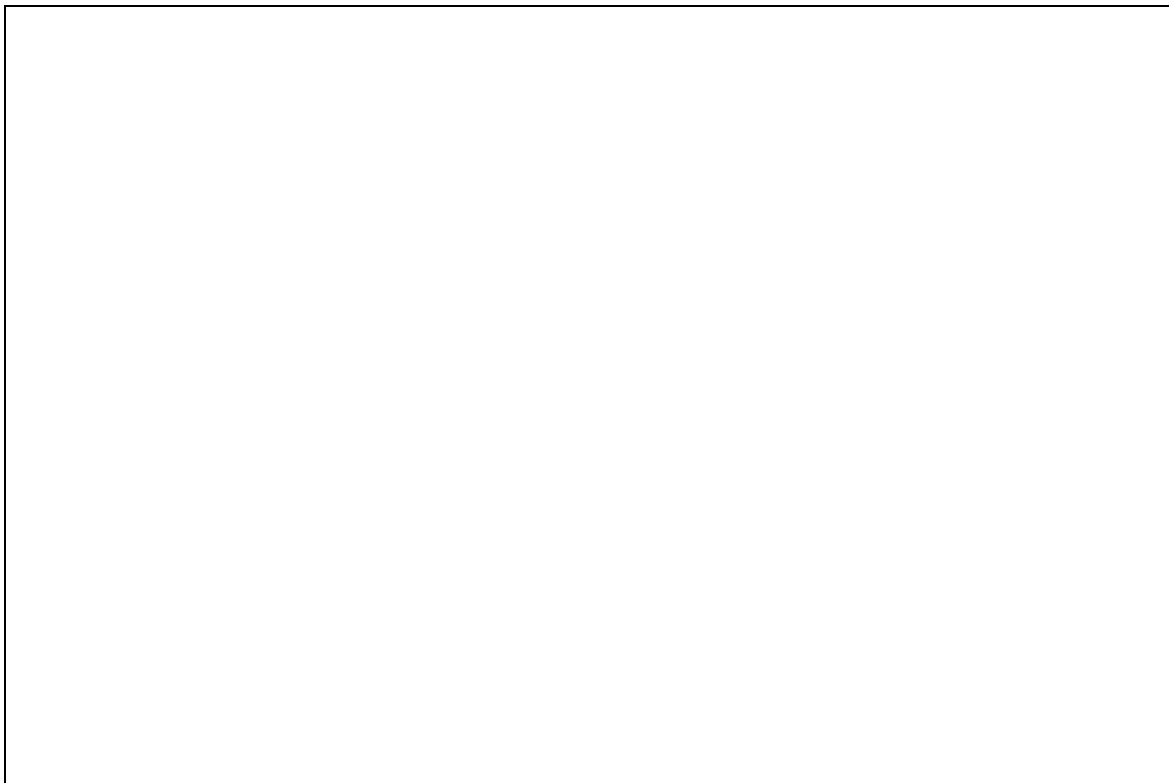
### **2. 'What Am I Interested In Learning More About?'**

Healthy passions don't strike like a bolt out of the blue and create a new sudden awakening. They are cultivated over time and begin with exploring something you're curious about. Ask yourself what you're interested in exploring, and give yourself permission to go and explore. If you enjoy it, continue. If you don't, explore why not and see what you learn from the experience for your next exploration.



### **3. 'What Was I Like When I Felt The Freest?'**

Imagine a time when you were young and felt the freest. What did you smell, see and feel? What were you doing? When we can remember our younger sense and the essence of what allows us to feel free we can move forward in our careers and lives in our passion. There is a lot of truth in our childhoods we can bring to the forefront when our adult self is feeling hopeless.



#### **4. 'What Comes Easy To Me?'**

Ask yourself and ask others, "What comes easily to me?" and listen to yourself and other close connections. What they may tell you is that you are naturally inquisitive, you easily converse with people and react positively to change. Even if you think this is normal for you, it may be a struggle for others. What you are hearing are your natural abilities that speak to your passions.

#### **5. 'What Would I Do If I Didn't Have To Work?'**

What if you had all the money in the world, and didn't have to work -- what is the one thing you would love to do or play at, that could occupy and absorb you for hours at a time? But here lies the rub: Even play can be a lot of hard work. Think golf. Perhaps it's the thought of putting in the effort that frightens passion away.

#### **6. 'What Do I Daydream About?'**

People lose their passion when they lose their ability to dream. Everyone has a dream. The key to finding real passion happens when leaders learn to dream again. Doing is always preceding dreaming. When a person has developed a clear picture of what they would like to accomplish they have taken the first step to growing their passion. Passion is high for leaders who have a clear purpose.

#### **7. 'What Do I Want To Achieve In My Life That Brings Me Joy?'**

We get locked into this idea that we should have a single passion. The question is, what do we want to achieve in our life that brings us joy? There could be any number of things: You can be passionate about being a parent, about running, cats and disco music. And you can take any combination of things that light you up and turn them into a lifestyle or a career. Don't limit yourself to just one.

### **8. 'What Do Other People Say I'm Passionate About?'**

Believe it or not, passion radiates and others pick up on it. Ask yourself, "What have others noticed I'm passionate about?"

### **9. 'What Does Passion Mean To Me?'**

Ask yourself what it means to be passionate about something. What would you be experiencing differently? Often people think that passion means looking for something that they love all the time, something that is "perfect." Anything we do every day will come with its own set of challenges. It's possible to be passionate about something and not enjoy parts of it. Passion does not equal perfection.