

Think through the following questions to begin to identify possible passions, feel free to jot down some thoughts or doodle while you think!

Notes:

If you could do one activity for as long as you wanted, what activity would it be?

When do you feel the happiest? What are you doing at those times?

Are there times when you forget to eat, sleep, or lose track of time because you are so involved in an activity? What activities are you doing then?

Is there something you are really interested in?

Is there an activity you are really good at?

From the answers to the previous questions, brainstorm answers to the following:

1. Please list one or more of your passions
2. How do you feel when you are involved with your passions?
3. Do you do anything to get better at these activities? If so, what do you do?
4. Is there anyone in your life who helps you get better at them? If so, who is that and what do they do?
5. Have you learned any valuable lessons about life through your passions?
6. What is something that most people don't know about your passion?

