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Date: ___/___/____ Name: _____

Discovering Passions and Interests

In life, there are things we just absolutely love to do! There are things we naturally feel drawn to. There are activities we lose ourselves in getting in the flow. There are things we're passionate about, that inspire us, or that get us all riled up. In a search for your purpose, an important place to look is at these things! Purpose implies meaning, yet it also implies something that it feels like we were made to do. The good news is we instinctually or intuitively know what we're "made for" we can feel it. It's that inner nudge that pulls us toward what we love, do naturally and are passionate about.

There are 6 key elements to igniting your passions by both remembering them and living in alignment with them: childhood wonder, adult passions, your gifts, your dreams, your values and your commitment.

CHILDHOOD WONDER: Insights from Childhood

You can glean powerful insights into your true nature and natural interests and passions by reflecting on what you were inspired by as a child. Your childhood wonders exist before you developed filters due to the influence of others and the limiting beliefs you developed as you grew up. Often your natural talents, inclinations and interests were lost along the way because you were told they were not practical, realistic or worthy. Often times, you were not even given the chance to explore them through free play and self-directed time, but not all is lost! The true you, your inner child, has always known.

Sometimes our childhood passions and pleasures can bring new life into our adult world. Other times those old inspirations no longer do anything for us and show us how much we've changed.

When I was a child, I wanted to do this when I grew up:

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In the past (and as a child), I enjoyed: (everything you can think of from food to activities, places you've gone to traditions you've had, list what you liked and WHY you like it)

YOUR PASSION: What Do You Love?

Now that you have an idea of what you used to love, it's time to add to your list by looking at your current inspirations.

The activities I do currently that bring me pleasure include:

The activities I know I love that I may not currently be doing but would like to do include:

The other aspects of life that bring me joy, excitement and that energize me are:

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In my life I have been passionate about:

These childhood and adult passions and interests are powerful sources of inspiration and fuel for feeding yourself and living with purpose!

YOUR GIFTS: What Do You Have to Offer?

You feel the most alive and passionate about life when you are doing what you are MADE FOR. When you do something that comes naturally to you, a talent you are fully expressing yourself. Examining your talents and other qualities you have to offer sheds light on what aspects of yourself you can do the most good with, which also happen to be the same gifts that bring purpose to your life.

My best qualities are: (Circle all that apply)

Humorous Enthusiastic Comforting Determined Intelligent Gentle
Kind Courageous Direct Inspiring Supportive Optimistic Visionary
Compassionate Flexible Entertaining Knowledgeable Practical Open
Generous Strong Energetic Calm Adventurous Persuasive Patient
Insightful Spontaneous Quick-Thinking Original _____

I am most myself when:

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What makes me feel in the flow?

What comes easy for me that may be hard for others?

YOUR DEAMS: What Do You Really Want?

Your dreams are calling you. The true you already knows what they are and never stops dreaming them. Often the key to unlocking both your passion and your purpose is to allow yourself to remember your dreams and go for them!

If I could have anything I want, what would it be?

If I could do anything I want, what would it be?

YOUR VALUES: What Do You Stand For?

Sometimes your passions are things that boil your blood. They tug at your heart strings because you care about them. Based on your values and ideals about life you end up wanting the world to be better, often in specific ways. Turning into these greater values can unleash your passion.

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What would I like to change in the world?

In what way can I BE the change I want to see in the world?

What do I stand for?

YOUR COMMITMENT: How Can I Live in Integrity?

The aspects of my life I am committed to:

The values, dreams, gifts and passions I am committed to fulfilling in my life:

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What it would take for me to be living in integrity:
