

# Discovering Your Passions

## WORKSHEET



Discovering your passions can take time so be patient with yourself! It may even take talking to family & friends to answer some of these questions below. We usually take our own natural abilities for granted because they come so natural to us that we think they must come naturally to everyone else too! We all have very unique abilities, insights & passions. This worksheet will help you figure those out.

### PART 1:

What do you like to do?

What did you like to do when you were younger?

What are you naturally good at?

What do you get excited about?

What do you like to read about?

What do you REALLY care about?

What does your ideal life look like if you had no limitations & money didn't matter?

Where does your mind wander and what do you spend your time thinking about?

What topics do people usually ask you for advice on?

What do you usually lose track of time on when you're working on it & you never want to stop?

PART 2:

What do you NOT like?

What frustrates you in the world (or in your world)?

What do you usually procrastinate on?