



IDENTIFY PREVIOUS PASSIONS WORKSHEET

PURPOSE: *Life tends to cause us to give up adolescent and early adult dreams. We get distracted, unknowingly limit ourselves, and make decisions that lead us in the wrong direction. As an adult, it is worthwhile to stop and identify and remember those previous passions. These can be a strong indication of how we need to redirect our life going forward. As you are making a decision for life change, carefully identify, remember, nurture, and consider the passions of the past.*

<p>What are your earliest memories of something you loved doing, or a topic that fascinated you?</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>How could you explore that previous passion today? How does it translate to something you could do for work or as a hobby?</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>As a teenager, what career opportunity seemed to be most attractive?</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>How does your current career compare to that teenager vision? If there is a big gap, which piece of the old vision is still attractive?</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

<p>If you had a totally free day (no work or chores allowed!), what book would you read? What activity would you engage in? Where would you go?</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>How does your "free day" choice inform you about your passions and interest?</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>Sit in a quiet place. Close your eyes and breath. Think about what fascinates you, interests you, what do you want to spend your time doing?</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>Summarize: From this exercise list the passions you have identified. Anything you thought about during the exercise. Don't filter, just freely write everything.</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>