

PASSION DISCOVERY WORKSHEET

Part of discovering a career that **Builds on your Interests**, is discovering your passion. Isn't it true that there are some things you just *love* to do? Similarly, there are probably causes or people groups that get you really pumped-up thinking about.



Take a few minutes to work through the following questions. Some may stir up immediate thought, while on others you may draw a blank. Record your thoughts to the questions generating ideas, don't be too concerned with the others. Don't think too hard, your initial thoughts will be most revealing. As with any assessment, don't search for the "right" answer, either...be honest with yourself!



- Looking back on your career, say 20 or 30 years from now, what do you want to be able to say you've done something about?

- When your name is mentioned to a group of your friends, what would they say you were really interested in or passionate about? What would they say makes you the happiest?

- From what experiences have you derived the most fulfillment—in what occasions have you felt the most alive?

"Don't ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive."

- Howard Thurman

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- Think back to a time when you were “in the zone” and totally lost track of time. What were you doing?



- What is something that a friend, family member, or TV personality does that you really wish you could do?

- What topic(s) can you really get “charged up” about when talking to others?

- Imagine that you have one day to pursue some idea, activity, or project. Don’t worry about the cost. What would you do? List the first three things that come to mind:

- What are the five personal achievements you are most proud of? (Write them down, then think about why they each mean so much to you.)

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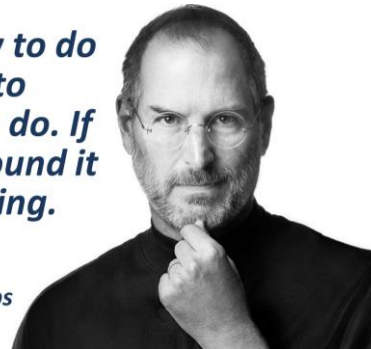
- What issues do you feel strongly about? What topics do you find yourself arguing or defending with others? (Some thought starters: education, poverty, the environment, etc.)

- The people you are most likely to be involved with are:

- Age group: _____
- Gender: _____
- Social-Economic Status: _____
- Family Status (married, single, divorced, widowed, etc.): _____
- Location (country, city/urban, big city/small town): _____

“The only way to do great work is to love what you do. If you haven’t found it yet, keep looking. Don’t settle.”

– Steve Jobs



Bringing it All Together:

Now it’s time to start bringing some clarity to your passion(s). First, grab a blank piece of paper. Then, look back over your responses throughout the Passion Discovery Worksheet. Do you see any patterns or underlying themes emerging? If you’re seeing some passions surfacing, jot them down as they come to you. Even if the idea is not completely firm in your mind, yet.

If the patterns aren’t becoming visible yet, try this:

1. Write each of the responses from the Worksheet on an index card or sticky note (don’t worry about which response goes with which question, just jot down the responses).
2. Move the cards around into groups of similar ideas. Don’t worry if you find yourself moving a card from group-to-group—there’s no right answer. If it helps, make a duplicate card so it can help complete the picture being formed in another group.
3. Take your time. Consider showing your card groups to a friend or two and get their prospective.
4. Record your groups on the blank piece of paper. You’ll discover that writing down your thoughts helps make them more real (and less abstract).