



Discover Your Passions!

1. Write down ten solitary pursuits. For example... Your favourite game, movie, beach, book, park, hiking destination, sacred space, art gallery, place to hang out? Etc.
2. If you could instantly acquire five new skills, what would they be? Playing the Guitar? Ballroom Dancing? Public Speaking? Calligraphy? Singing? Designing Furniture? Etc.
3. What three amazing things would you attempt if no one knew about it? Belly Dancing? Learning Latin? Improv Theatre? Climbing Mt. Kilimanjaro? Building a House? Etc.
4. What three daring things would you like to do? Bungee Jumping? White Water Rafting? Paragliding? Hiking the West Coast Trail? Swimming with the dolphins? Etc.
5. What three all-expenses paid vacations would appeal to you? An African Safari? A cruise on the Danube? A trip to the Antarctic? A bicycle tour through Holland? Etc.
6. What three things would you like to create with your hands? A ceramic Teapot? A stained glass window? A wooden chess game? A Kite? A fabulous meal? A Painting? Etc?
7. What have you learned about your passions by responding to these questions?
8. What steps do you wish to take to bring more enjoyment into your life, while you are preparing for your career transition?