



Purpose & Passions

It can be difficult at times to understand what your purpose and passions are and to know what direction take in life. It's often helpful to ask ourselves questions so we can find out more about ourselves and discover what gets us going and motivated. Take your time answering these questions, be honest with yourself and write your answers down.

Step 1: Learn About Yourself

- What motivates me to get up on the morning?
- What keeps me up at night?
- What did I enjoy as a child?
- What do I currently enjoy?
- What makes me proud of myself?
- What do I do best?
- If I could do one thing for the rest of my life, what would it be?
- Why do I do what I do?
- When I think of the people I admire, what is it that causes me to admire them?
- What are my goals?
- What do I do most with my time?
- When am I happiest?
- What are my hobbies?
- What am I talented at?
- Can I combine any of my hobbies, talents and skills?
- What are my dreams and how are they achievable?
- Can I turn any of these into a business?
- What is stopping me?

Step 2: What Are Your Options

Make a list of your possible opportunities, big or small, personal or professional goals.

1. _____
2. _____
3. _____
4. _____
5. _____

List down things that fill you with joy, things that are important to you and things that make you excited or motivated.

1. _____
2. _____
3. _____
4. _____
5. _____

Step 3: How Can You Improve Yourself

It's important to make time for yourself and to make room for what you love. Think about what you would like to achieve and ways of how you can achieve it.

Things to do more:

1. _____
2. _____
3. _____

Things to do less:

1. _____
2. _____
3. _____

Have you decided on your purpose?
