

Finding your Passions Worksheet

Passion may seem an odd word choice when paired with career, but rest assured that one of the most important elements of personal happiness is being passionate about your career and your job. You do not want to be one of those people who live for the weekends and dread Sunday evenings. Life is too short to not love the work you do. Take a few moments to answer the questions below. For each answer try to come up with 3-5 answers. Once you have answered the questions look for themes in your answers.

1. What do you love to do in your free time? Don't count activities you have to do or are doing to make you look better to other people. Identify the activities that you truly enjoy.

2. What are the skills that come to you without thought and effort? (Math, Helping Others, Art, etc.)

3. What are and/or have been your favorite classes and subjects?

4. If you could do any job in your life, what would you choose?

5. What types of things energize you? Think about people, places, and activities?

6. What areas are you already perceived as an expert (others seek your input and opinion)?

7. What values do you hold dear, that help guide how you live your life?

8. What are the subject areas you most enjoy reading about? When you are in a bookstore or the library, what are the subjects of the types of books and magazines that you are drawn to?

9. What types of volunteering/community service projects have you done or wish you have done?

10. Make a list of the careers that your closest friends work in (or plan to work in). See anything that really grabs your interest? Write them down.

11. Have your friends and family told you repeatedly that you would be excellent in a particular job or career? Do you have a deeply held desire for a particular career? Do you think about your calling in life? If so, what would it be?

12. What are some of the big goals you want (or still want) to achieve in life? Do you want to save lives? Make lots of money? Be a movie star? Live in a big house? Save the Earth? Become president? Think big here -- and think about the top couple of goals that mean the most to you right now.

Final Thoughts

Everyone deserves the opportunity to live a life of fulfillment and passion. Looking deeply inside yourself and removing all obstacles (real and perceived), can help on your road to finding your career passion, achieving career success, and living your life.

Note: This article is adapted from Dr. Hansen's book, *The Complete Idiot's Guide to Choosing a College Major*
http://www.quintcareers.com/finding_career_passion.html

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