

## LIVE YOUR PASSION

In life, there are things we just absolutely *love* to do! There are things we *naturally* feel drawn to. There are activities we lose ourselves in—getting in the *flow*. There are things we’re *passionate* about, that inspire us, or that get us all riled up. In a search for your purpose, an important place to look are at **THESE** things! Purpose implies meaning, yet it also implies something that it feels like we were *made* to do. The good news is we instinctually or intuitively know what we’re “made for”—we can feel it. It’s that inner nudge that pulls us toward what we love, do naturally, and are passionate about.

There are 6 key elements to igniting your passions by both remembering them and living in alignment with them: childhood wonder, adult passions, your gifts, your dreams, your values and your commitment.

### **CHILDHOOD WONDER: Insights from Childhood**

You can glean powerful insights into your true nature and natural interests and passions by reflecting on what you were inspired by as a child. Your childhood wonders had existed before you developed filters due to the influence of others and the limiting beliefs you developed as you grew up. Often your natural talents, inclinations, and interests were lost along the way because you were told they were not practical, realistic or worthy. Often times, you were not even given the chance to explore them through free play and self-directed time. But not all is lost! The true you, your inner child, has always known.

Sometimes our childhood passions and pleasures can bring new life into our adult world. Other times those old inspirations no longer do anything for us and show us how much we’ve changed.

When I was a child, I wanted to do this when I grew up that made you excited:

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In the past (and as a child), I enjoyed: (everything you can think of from food to activities, places you've gone to traditions you've had – list what you liked and WHY you liked it)

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**YOUR PASSION: What Do You Love?**

Now that you have an idea of what you used to love, it's time to add to your list by looking at your current inspirations.

The activities I do currently that bring me pleasure include:

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The activities I know I love that I may not currently be doing but would like to do include:

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The other aspects of life that bring me joy, excitement and that energize me are:

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In my life I have been passionate about:

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These childhood and adult passions and interests are powerful sources of inspiration and fuel for feeding yourself and living with purpose!

**YOUR GIFTS: What Do You Have to Offer?**

Forward Pressed

You feel the most alive and passionate about life when you are doing what you are MADE FOR. When you do something that comes naturally to you—a talent—you are fully expressing yourself. Examining your talents and other qualities you have to offer sheds light on what aspects of yourself you can do the best with, which also happen to be the same gifts that bring purpose to life.

My best qualities are: *(Ideas)*

Humorous	enthusiastic	comforting	determined	intelligent	gentle
Kind	courageous	direct	inspiring	supportive	optimistic
Visionary	compassionate	flexible	entertaining	knowledgeable	calm
Practical	open	generous	strong	energetic	adventurous
Persuasive	patient	insightful	spontaneous	quick-thinking	original

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I am most myself when:

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What makes me feel in flow?

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What comes easy for me that may be hard for others?

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**YOUR DREAMS: What Do You Really Want?**

Your dreams are calling you. The true you already know what they are and never stops dreaming. Often the key to unlocking both your passion and your purpose is to allow yourself to remember your dreams and go for them!

Forward Pressed

If I could have anything I want, what would it be?

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If I could do anything I want, what would it be?

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**YOUR VALUES: What Do You Stand For?**

Sometimes your passions are things that boil your blood. They tug at your heart strings because you care about them. Based on your values and ideals about life you end up wanting the world to be better, often in specific ways. Tuning into these greater values can unleash your passion. After picking all your values about you, and prioritize your list. Pick your top five values.

What would I like to change in the world?

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what way can I BE the change I want to see in the world?

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What do you stand for?

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**YOUR COMMITMENT: How Can I Live in Integrity?**

The aspects of my life I am committed to:

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Forward Pressed

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The values, dreams, gifts and passions I am committed to fulfilling in my life:

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What it would take for me to be living in integrity:

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APPENDIX 1: Values (feel free to add onto list)

## Forward Pressed

Accountability	Excellence	Perfection
Accuracy	Excitement	Piety
Achievement	Expertise	Positivity
Adventurousness	Exploration	Practicality
Altruism	Expressiveness	Preparedness
Ambition	Fairness	Professionalism
Assertiveness	Faith	Prudence
Balance	Family-oriented	Quality-orientation
Being the best	Fidelity	Reliability
Belonging	Fitness	Resourcefulness
Boldness	Fluency	Restraint
Calmness	Focus	Results-oriented
Carefulness	Freedom	Rigor
Challenge	Fun	Security
Cheerfulness	Generosity	Self-actualization
Clear-mindedness	Goodness	Self-control
Commitment	Grace	Selflessness
Community	Growth	Self-reliance
Compassion	Happiness	Sensitivity
Competitiveness	Hard Work	Serenity
Consistency	Health	Service
Contentment	Helping Society	Shrewdness
Continuous Improvement	Holiness	Simplicity
Contribution	Honesty	Soundness
Control	Honor	Speed
Cooperation	Humility	Spontaneity
Correctness	Independence	Stability
Courtesy	Ingenuity	Strategic
Creativity	Inner Harmony	Strength
Curiosity	Inquisitiveness	Structure
Decisiveness	Insightfulness	Success
Dependability	Intelligence	Support
Determination	Intellectual Status	Teamwork
Devoutness	Intuition	Temperance
Diligence	Joy	Thankfulness
Discernment	Justice	Thoroughness
Discipline	Leadership	Thoughtfulness

## Forward Pressed

Discretion	Legacy	Timeliness
Diversity	Love	Tolerance
Dynamism	Loyalty	Traditionalism
Economy	Making a difference	Trustworthiness
Effectiveness	Mastery	Truth-seeking
Efficiency	Merit	Understanding
Elegance	Obedience	Uniqueness
Empathy	Openness	Unity
Enjoyment	Order	Usefulness
Enthusiasm	Originality	Vision
Equality	Patriotism	Vitality