Discover Your Passion

All successful people have passion and have learned to make decisions based on what really matters to them. Even when others tell them they’re crazy or declare that a goal is impossible, they follow their hearts—their passions.

**START HERE**

1. My dream as a child was...

2. If I had a week to do anything I wanted to do, I would...

3. One thing you’d never guess about me is...

4. I’m the one everyone calls for when...

5. If I received the Nobel Prize, it would be for...

6. My fantasy career would be...

7. Time freedom for me means...

8. If I entered a talent show, I would perform...

9. What gets me passionately out of bed in the morning is...

10. The things people always compliment me on are...

11. I feel something akin to a “runner’s high” when I’m...

12. If I starred in a TV show in which I taught a skill, it would be...

**REFINE**

Now you’ll trim your list to the top five activities that will make your life fulfilling. Begin with your first completed Phrase 1 and compare it with your response for your completed Phrase 2. If you could have one or the other, which would you choose? If it’s not clear, close your eyes and imagine you’re living Phrase 1 full-out and Phrase 2 is nonexistent. Then imagine you’re living Phrase 2 full-out and 1 is absent. Which feels better?

Put your finger on the circle you choose and continue to 3; repeat the process through the last circle (you’ll probably need to use both hands). Wherever your finger ends up after that last circle is your No. 1 passion. Write that one in the first blank line at the top of the opposite page and draw an X through that circle. Now repeat the process four times, always skipping the marked-out circles as you compare your responses in each circle, and write down the last one in the blank lines.

You’ve just discovered your top five passions.

Janet Bray Attwood and Chris Attwood are co-authors of the New York Times best-seller The Passion Test: The Effortless Path to Discovering Your Life Purpose (ThePassionTest.com).