

Choosing which passions to focus on will provide you with the direction that you need to live a fully alive life. It will help you to clarify your priorities. Work through these three steps. When you come to step 2, some questions might not feel relevant for you right now, so it's okay to skip over them. Once you've set your passion priorities make sure that you continue focus your life around those.

STEP 1: FIND YOUR PASSIONS

When I was a kid, I really wanted to be a...

- _____
- _____

When I was a kid, my favourite things to do were...

- _____
- _____

My favourite things to do now are...

- _____
- _____
- _____
- _____

Other people say I'm great at...

- _____
- _____

I've tried it only a couple times, but I can't wait to do it again...

- _____

If I were to write a 'How To' guide, it would be 'How To ...'

- _____

At a dinner party I can talk endlessly about...

- _____
- _____

I spend the most time doing...

- _____
- _____

I love to read about...

- _____
- _____

My biggest dreams are...

- _____
- _____

STEP 2: CULL YOUR LIST

Which excites you the most?

Which would take you furthest, fastest?

Which would help you live into your biggest self or dream?

Which supports you in who you're becoming?

Which will have the most impact?

Which ones overlap with the passions of your family and friends?

Which one have you been procrastinating on?

Which one would be the most fun for you?

Which ones are easiest?

Which ones are most sustainable?

STEP 3: SET YOUR PRIORITIES

Two **SHORT-TERM** (1 week-5 months)

1 _____

2 _____

Two **LONG-TERM** (6 months-18 months)

1 _____

2 _____