

10 Ways to Find Your True Passions Worksheet
Undeclared for Life Podcast
Puttylike.com

1. Think about the times in your life you felt most alive. What were you doing? Who were you working with? What principles can you pull out of this?

2. Imagine your ideal day. Forget about all constraints. Pretend you have unlimited time and money. Where do you wake up? Who's there? Do you live in the city or in nature? What do you do first? What next? Keep going.

3. What have you done in the past? What did you study in college and what projects have you embarked on? Look for stuff you truly enjoyed, not skills you honed or jobs you took to be “practical” or make someone else proud.

4. What do you do in an average week? Which activities in your daily life do you love and which could you do without? Include things like ‘spending time with family’- everything that’s important to you.

5. What do you spend your time thinking about, what do you discuss with your best friends when you're least inhibited?

6. Look around your room. Pretend you're not you. How would you describe this person? What do they seem passionate about? What kind of books, objects, how is it decorated?

7. What do people ask you about? When do people come to you for help? Think about the stuff that seems obvious too. If it seems obvious, that's a good sign.

8. What have you been meaning to learn more about? Any new interests you've starting to explore?

9. Ask your friends and family members what they think you're good at and how they would describe you to someone else.

10. Make a bucket list. Everyone should have one.