

Discover Your Passions

Our passions are what excite and fulfill us—they are what “lights our fire”. It’s important to understand your passions, and to discover if you can incorporate your passions into your work. Work is easier if you are passionate about what you do. Discovering your passions isn’t always easy, but there are several steps you can take to begin the process. First, think about what kind of life will make you happy. It’s easier if you begin with this in mind and then work to build that life, tapping into your passions as much as possible. Answer the questions below to discover more about your passions.

What makes you happy?

What do you like to do in your free time?

What would you do if salary and benefits were not factors?

What are your hobbies?

If you could write your own job description what would you write?

You may want to think about the elements of your current position that you most dislike. This may help you recognize what parts of your work you enjoy. You may also want to ask your family and close friends their opinions regarding your passions. Lastly, consider your achievements over the past few years and identify areas in which you are particularly pleased about your accomplishments or involvement.

List your five main accomplishments during the past three years. Which of these excited you the most?

1.

2.

3.

4.

5.

These exercises should have helped you identify a few of your passions. If not, check online for additional resources and tools. Don't feel frustrated or pressured to discover your passions. Passions can be cultivated, so try new things and you'll quickly discover more about your likes and dislikes. Remember, our passions change over time, so don't be surprised when you or others close to you change their interests and invest their time, energy and money to develop new passions.