

Passion and Goals

1. If you had a credit card with an unlimited amount of money, what would you do everyday?

2. What's the topic, activity or idea that dominates a significant amount of your free time?

3. What are your natural talents?

4. What do you do when you procrastinate? This is important because it reveals what you find enjoyable and are attracted to. One author said: *"What you do when you procrastinate is probably what you should be doing all your life."*

Part 1

5. What topic do you often talk about with your friends? Or what do you argue about with other people? If you argue about something, it means you care about it.

6. If you had one more year to live and you could succeed at anything, what would you do?

7. What's that thing you don't do because you are afraid or you believe you're not ready?

Answering these questions could indicate what you are passionate about.

And if you now have a clearer idea of what your passion may be, it's time to set a goal linked to it.

For this exercise, you want you to use your imagination. If anything was possible, what would you choose as your goal?

Part 1

Choose a goal that you really, really want to achieve, even if you don't know how to achieve it or it seems just a dream. You don't even have to know why you want it so badly. You don't have to know how you will achieve it. It's ok if you are afraid just thinking about it. You just have to know that achieving this goal will make you feel great!

My goal for the next __ years is...