

Exercise 13: Uncover Your Passion

In this exercise, we are going to start remembering things from your past. When you were a child, you didn't hold back from what you wanted. As a newborn infant, you screamed when you were hungry, when you were wet, when you felt uncomfortable in any way. You didn't hesitate and think about whether it bothered anyone. You didn't concern yourself with whether it was 4 in the afternoon or 4 in the morning. If you wanted something, you screamed until you got it. As you got older, you started exploring the world around you. You soon learned that you had impact on the world and you also learned that the world around you and the people in it, had an impact on you. You didn't have to think about what you wanted or what you enjoyed because it was such an automatic part of you.

Do you remember as a child being taken to a circus for the first time? Perhaps it was a Kiddie Park or the beach or the local zoo. You may not even remember your first visit to an aquarium, but perhaps you remember that you were always fascinated with fish or perhaps you remember being fascinated with the ways things work. What were your favorite toys as a child? What were your most memorable vacations? Do you remember the first time you went to the movies or the first time you rode in a convertible?

As a child, all of these experiences were novel and new and often filled with awe. Of course, if your family was struggling to have enough money to put food on the table, you may have been limited in what was available to experience, but you still had wonder at the world around you. Let's explore that deeper now.

1. On the lines below, make a list of everything you can remember that you loved to do as a child. For example, ride on roller coasters, ride a bike, go to the movies, go to the beach. List everything you can remember on the lines below.

2. If you go to the library or to a book store, what sections do you visit? _____

2. Describe what are you doing when you feel most beautiful? _____

3. Describe the person that you are when you have been at your best. _____

4. What answer did you give when you were 8, 9, or 10 years old when asked what you wanted to be when you grew up? _____

5. Name something you believe that almost nobody agrees with you on. _____

6. What personality traits and aptitudes do you bring effortlessly to any situation? _____

7. What did you like to do when you were all alone for hours in your room (or in a room) when you were 10 or 11?

8. Looking back on your career 20 or 30 years from now, what do you want to say that you have accomplished? _____

9. Make a list of things you know you have been passionate about in your life. _____

10. When you were young, what was a dream or fantasy you had about your future? In this segment, just write what you remember about perhaps being a professional tennis player or a ballet dancer or a rock star. On the lines below write several paragraphs, as though you are that young child again dreaming of a life as

[illegible]

11. On the lines that follow, write out what happened to that fantasy or dream? _____

12. Write out what you think your current passion is – even if it seems impractical or illogical or uncomfortable: _____

13. On the lines below, write out a list of ideas of things that you could do with your passion in a perfect world where anything is possible: _____
