

# PASSION INVENTORY WORKSHEET

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When you were a child, what did dream to be as a grownup? List as many as you remember.

What is the essence of each profession?


List 15 activities that bring you joy in life.

List 5 activities that bring you joy in order of preference.



**Can you see the essence of your childhood dream embedded into the activities that bring you joy? Which ones?**

**What joyous activities do you do on a weekly basis?**

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**My top three passions are?**

Which of the top three passions you do at work?

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If you use the three passions at work, congratulations you are living on purpose.

If you use one or two of three passions at work, can you add the others? What is stopping you from doing them at work?

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If you are unable to add the others at work, where outside work can you do them?

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*You need to include passion in your life. It will help you to live on purpose. People spend more hours at work than with the people they live with and love. When you live on purpose, you find happiness daily.*