



PASSIONS EXERCISE

Here are three areas of being (Energy, Fulfillment, Vision). Complete the boxes based on your intuitive, initial, even emotional responses – tune in to your feelings rather than your thoughts. There are neither right nor wrong answers. Please ignore the “shoulds” in your head – rather, answer these as they truly occur in your life.

Based on your past or your present, complete the following, in these 2-3 areas of life.

ENERGY	Family	Work	Other
List three things you can't wait to do every day			
List three things you dread doing			
What are you willing to fight for, pay a price for?			
FULFILLMENT			
What's been the most satisfying thing you've done?			
What made it so?			

VISION	Family	Work	Other
What would you regret at the end of this year if you DIDN't do it?			