

THE PASSION EXERCISE

The following is an exercise to uncover your passion. Follow the steps outlined below. Find a quiet place, get fully relaxed and alone, and listen only to your own inner voice, not that of anyone else, and listening to what you know is/feels real today, not what you may want or wish things to be.

Step One.

Look over all the list of passions on the worksheet, and if a word resonates in any way within you, place a check on the line next to each. Do not spend lots of time pondering here; if it strikes you in any way, put a check by it. This is meant to be a reactive exercise, so if you feel an affinity in any way for the word, simply check it. The bottom right column has a few headings if you have a specific passion around a hobby, a subject, etc. If you do, write it in the blank adjacent. Space is provided for you to add any other passion you feel you have that is not listed.

Step Two.

Next, from those passions checked off in step one, revisit only the ones you checked and reduce them down to your top ten. Some were very obvious the first time you saw them, and some may have to be weighed against each other, but come up with your ten. Think of what you love, love doing, feel loved from, enjoy and are enthusiastic about. You may feel that some mean almost the same thing, so in that case chose the word that, in your opinion, best defines the passion for you. If you get down to the last few and are having difficulty, imagine one in each of your outstretched hands, palms up, and see which word has more weight over the other (the heavier one resonates more with you). Use the space provided below to denote the ten you chose.

Step Three.

Before you start on the third and final pass, make sure the voices in your head are your own. In this last phase you will be choosing from the top ten passions above, and reduce them down to your top four. Let this be more a feeling exercise than a thinking one. These will resonate deep within you when you make a statement such as, “My life is not worth living if I had to live it without ____ (fill in a passion).” Remove the “shoulds,” “coulds,” “musts” in your head. Use the same weighting method from step two if needed. Place these on the lines below.

Step Four.

Now look at the four words above, just take a few moments and let them together speak to you. After a few moments, look and see if there is a common thread/theme amongst them all, as if one word, or a few words, fully captures what all four have in common. You may also look to see what is just under the surface of all of these, what over-arching word(s) truly capture the full essence of your passion. When you feel you have your core passion, write it on the line below.

Step Five.

Circle back with your core passion and look over all the worksheet passions you checked, especially your top ten passions. Can you see your core passion as the underlying state of mind in each of them? Is there congruence between your core passion and most other things you feel passionate about? Just sit with your core passion and see it, feel it as a simple, yet powerful source of positive energy / state of mind / state of being. Insert your core passion in the sentence, “When I feel ____ I feel alive, energized, loved, in the moment, purposeful!”

Step Six.

Now see what outlets you have that triggers, manifests or enlivens your passion. Passion is not a person-place-thing, but can be generated in the presence of such. Core passion is an energetic state. It is the feeling you get from experiencing many triggers and outlets, but is always felt within you. Your own mental-emotional connections cause the feelings we have, so while it may appear that our loved ones, special places or certain activities arouse our passion, it is that inner passion state, that deeply joyful feeling, that we experience when our core passion is present.

What people, places and things bring your core passion to the surface? What activities, interests and experiences cause your core passion to be fully aroused? What noble pursuits do you have, or can have, that allow you to experience your core passion even more? Journal below any thoughts that come up to help you connect more to your core passion.

“Passion, in the cosmic sense, is simply the desire for joy!”

THE PASSION WORKSHEET

- | | | |
|---|--|--|
| <input type="checkbox"/> Accomplishment | <input type="checkbox"/> Freedom | <input type="checkbox"/> Purpose |
| <input type="checkbox"/> Accumulation | <input type="checkbox"/> Fulfillment | <input type="checkbox"/> Realization |
| <input type="checkbox"/> Achievement | <input type="checkbox"/> Fun | <input type="checkbox"/> Relationships |
| <input type="checkbox"/> Activity | <input type="checkbox"/> Godliness | <input type="checkbox"/> Relaxation |
| <input type="checkbox"/> Actualization | <input type="checkbox"/> Goodness | <input type="checkbox"/> Restoration |
| <input type="checkbox"/> Adventure | <input type="checkbox"/> Happiness | <input type="checkbox"/> Romance |
| <input type="checkbox"/> Altruism | <input type="checkbox"/> Healing | <input type="checkbox"/> Self-Expression |
| <input type="checkbox"/> Art | <input type="checkbox"/> Helping | <input type="checkbox"/> Selflessness |
| <input type="checkbox"/> Authenticity | <input type="checkbox"/> Humor | <input type="checkbox"/> Serenity |
| <input type="checkbox"/> Awareness | <input type="checkbox"/> Imagination | <input type="checkbox"/> Serving |
| <input type="checkbox"/> Awe | <input type="checkbox"/> Improvement | <input type="checkbox"/> Sharing |
| <input type="checkbox"/> Balance | <input type="checkbox"/> Ingenuity | <input type="checkbox"/> Socializing |
| <input type="checkbox"/> Beauty | <input type="checkbox"/> Innovation | <input type="checkbox"/> Spirituality |
| <input type="checkbox"/> Being | <input type="checkbox"/> Insight | <input type="checkbox"/> Status |
| <input type="checkbox"/> Bonding | <input type="checkbox"/> Inspiration | <input type="checkbox"/> Strength |
| <input type="checkbox"/> Challenge | <input type="checkbox"/> Intimacy | <input type="checkbox"/> Success |
| <input type="checkbox"/> Change | <input type="checkbox"/> Joy | <input type="checkbox"/> Synergy |
| <input type="checkbox"/> Clarity | <input type="checkbox"/> Justice | <input type="checkbox"/> Teaching |
| <input type="checkbox"/> Communication | <input type="checkbox"/> Knowledge | <input type="checkbox"/> Teamwork |
| <input type="checkbox"/> Compassion | <input type="checkbox"/> Leadership | <input type="checkbox"/> Tradition |
| <input type="checkbox"/> Competency | <input type="checkbox"/> Learning | <input type="checkbox"/> Tranquility |
| <input type="checkbox"/> Connection | <input type="checkbox"/> Leisure | <input type="checkbox"/> Travel |
| <input type="checkbox"/> Consciousness | <input type="checkbox"/> Logic | <input type="checkbox"/> Truth |
| <input type="checkbox"/> Construction | <input type="checkbox"/> Love | <input type="checkbox"/> Understanding |
| <input type="checkbox"/> Creativity | <input type="checkbox"/> Lucidity | <input type="checkbox"/> Unity |
| <input type="checkbox"/> Curiosity | <input type="checkbox"/> Making a | <input type="checkbox"/> Usefulness |
| <input type="checkbox"/> Deep Feelings | <input type="checkbox"/> Difference | <input type="checkbox"/> Visualization |
| <input type="checkbox"/> Development | <input type="checkbox"/> Meaning | <input type="checkbox"/> Vitality |
| <input type="checkbox"/> Discovery | <input type="checkbox"/> Meaningful | <input type="checkbox"/> Volunteering |
| <input type="checkbox"/> Education | <input type="checkbox"/> Experiences | <input type="checkbox"/> Winning |
| <input type="checkbox"/> Empowerment | <input type="checkbox"/> Money | <input type="checkbox"/> Working |
| <input type="checkbox"/> Enlightenment | <input type="checkbox"/> Music | <input type="checkbox"/> Writing |
| <input type="checkbox"/> Enterprise | <input type="checkbox"/> Nature | <input type="checkbox"/> Hobby: _____ |
| <input type="checkbox"/> Environment | <input type="checkbox"/> Nurture | <input type="checkbox"/> Subject: _____ |
| <input type="checkbox"/> Equality | <input type="checkbox"/> Opportunity | <input type="checkbox"/> Sport: _____ |
| <input type="checkbox"/> Examination | <input type="checkbox"/> Origination | <input type="checkbox"/> The Arts: _____ |
| <input type="checkbox"/> Excitement | <input type="checkbox"/> Patriotism | <input type="checkbox"/> People: _____ |
| <input type="checkbox"/> Expansion | <input type="checkbox"/> Peace | <input type="checkbox"/> Place: _____ |
| <input type="checkbox"/> Exploration | <input type="checkbox"/> Personal Growth | <input type="checkbox"/> Thing: _____ |
| <input type="checkbox"/> Expression | <input type="checkbox"/> Play | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Fairness | <input type="checkbox"/> Power | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Fitness | <input type="checkbox"/> Precision | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Flow | <input type="checkbox"/> Problem-Solving | |