



PASSION POSSIBILITY EXERCISE

What activities have you enjoyed in the past? You may still be doing them, or you may have stopped for some reason.

For instance, you might once have played a musical instrument, or loved to draw, but you haven't done it since you were young. That's fine! The age you were doesn't matter. If you once enjoyed it, write it down in the left-hand column. If it's something you *still* enjoy doing, write it down.

What activities would you LIKE to do in the future? What have you at least considered? Maybe it's running a marathon, or skydiving, or going to see your favorite entertainer's show in Las Vegas, learning to fly a plane or ride a motorcycle, or taking a trip to India. Write down whatever you have *thought about* doing that you believe you *might* enjoy.

Your goal is to uncover something about yourself and your heartfelt joys and desires -- maybe something new - maybe something forgotten.

Review everything on your long list (if it's less than 20 items, you aren't trying hard enough!) and RATE each item on the "passion scale". How strongly did you like doing that in the past? How strongly would you like to do that in the future? Put a check mark in the box that best describes how you feel about that activity.

PASSION POSSIBILITIES LIST

	Activity (I Do, Have Done or Would Like to Do	Red Hot	Turned On	Excited	Very Interested	Interested	Some Possibility	No Interest Now
1								
2								
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