

# BE+CAUSE

## Identifying Your Passions

**Passions are observed in activities that we have boundless energy for. We love and never tire of our “passion projects”—we make time for them.** If our values are our underlying beliefs, our passions are where we focus when given full freedom of choice. When we spend time on activities that we love, we express our passions and feel happier and more fulfilled

When doing something we are really passionate about, we don't notice the passage of time. Instead of sapping our strength, these activities usually bring us energy. Reflecting on what passions you hold and why you enjoy them can help you discover your purpose.

### Your Instructions:

Think about the activities that you love and make time for. These are your passion projects or “what I love” activities. List these activities next to one another across the top of the worksheet below. Make these activities as specific as you can. For example, if you love reading, is it reading novels, magazines, or nonfiction? If you love to run, is it outdoors or on the treadmill?

Underneath your “what I love” activities, make a list of reasons why each matters to you. What makes it important? Why do you enjoy this? What feelings, thoughts, or images does it bring up for you? After each response, ask “why” one more time. Keep each why to no more than three to four words and create a list of ten to twelve whys under each activity.

Now, look for connections within and across your columns. Reflect on what your activities have in common. You might consider printing the worksheet and using colored pens or highlighters to mark the commonalities you see. What themes connect these activities?

Think of a word or short phrase to use to represent each of the themes you identify. Summarize these at the bottom of the worksheet. These reveal your true passions.

Adapted with permission from *The Identity Code* by Larry Ackerman.

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## Create A Whys Table

“What I Love” activities:

Why?

Passion Themes: