



**SUPERHUMAN
ACADEMY**

Creating A Meaningful Life And Developing Habits of Happiness



Finding Your Passions Worksheet

The following questions are designed to help you in finding, and nurturing your passion(s). None of the exercises, books, techniques in the world will help you to create a meaningful life unless you honestly examine what meaning means to you and what makes you feel fulfilled. Please note that everyone's answers are uniquely their own. There are no wrong or exceptionally right answers --- there are only your answers. Just be as honest as you can and give all the answers some attention.

1. If you had a completely free day with all the money needed to do whatever you wanted, what would you do with that 24 hours?

2. What moves you in the following areas: physically, intellectually, spiritually, and or emotionally?

3. Who are your role models and what do you revere about them and why?

4. What topics have you come across that you'd like to learn all about?

5. On what aspects of your life are you unwilling to compromise?

6. What purposes define your life?

7. What makes you feel vital and alive?

8. What inspires and drives you?

9. What causes matter most to you?

10. What enthuses and excites you?

11. What provokes you?

12. What lifts you out of yourself?

13. When was the last time you felt fully alive...describe the scene.

14. What have you tried lately that is new and different for me?

15. What people, places or things help you define and focus on your goals?

Now go back and look at this list of questions again. How many of the things listed are things that you have defined for yourself? Are any of these things that have been defined by others for you? After you have answered those two questions, you may wish to try another pass and give other answers to the questions above concentrating on giving your own answers. Discover anything new about yourself? If you find that you didn't like what you discovered, this is a great opportunity to ask yourself your own important questions. Welcome to the world of personal growth!

Now the ultimate questions:

16. What are my passions right now
