

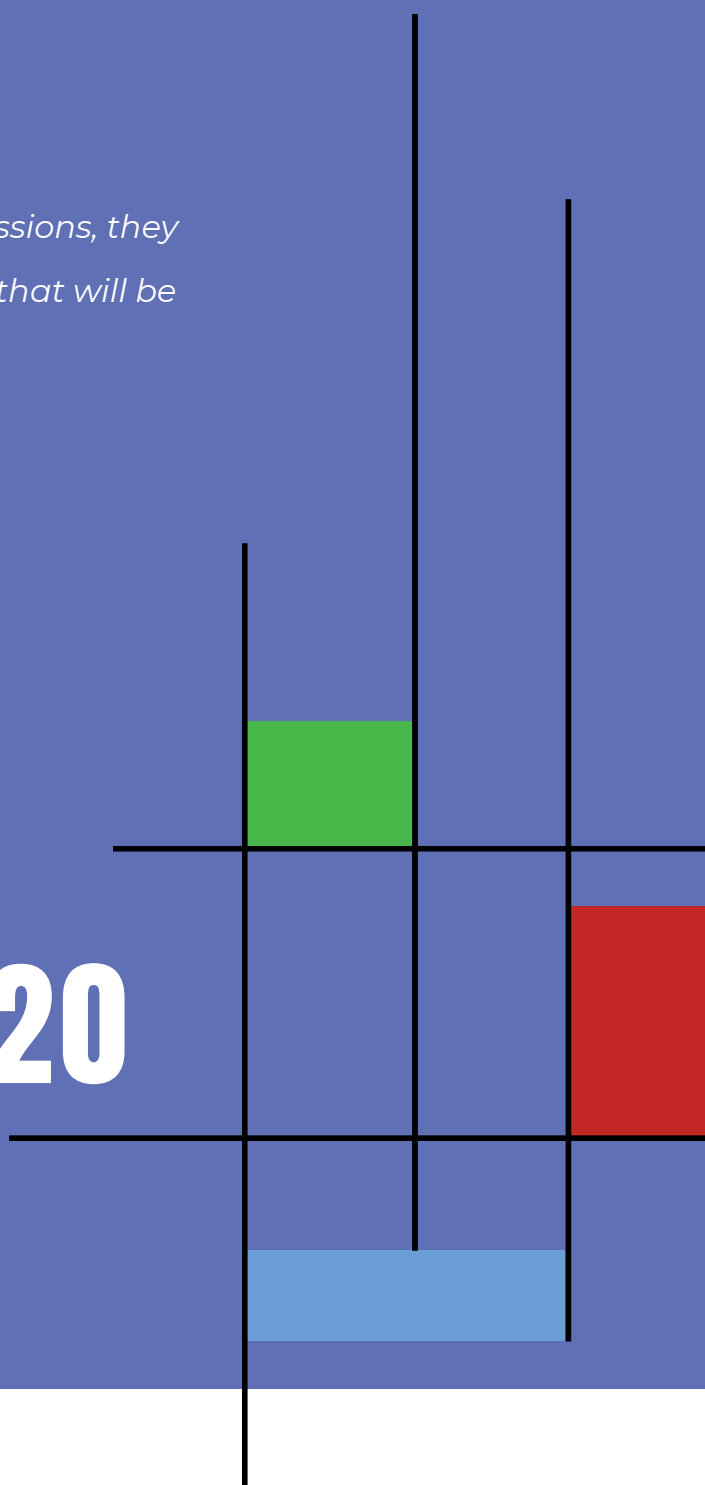


# LIFE PASSIONS

## YOUR LIFE TAKES OFF FROM HERE

*When we acknowledge our deepest passions, they can draw us forward into the life paths that will be most fulfilling.*

2020



# Define your personal passions and goals with this simple self assessment

Reflect on the five areas below which describe the values most deeply held in adult life. Read the list all the way through so you have a full picture before you start. Then, consider which are the values you most want to guide your planning for the next phase of your life. Rank order them, from 1-5. beneath your top 3, make some notes which capture how you would like these values to manifest in your life in the next 3-5 years.

Rank 1-5

## Personal Mastery - Claiming Yourself.

Increasing your self-esteem, confidence, inner motivation; having a positive sense of self, clear ego-boundaries, self-love and courage.

## Achievement - Proving Yourself.

Reaching clearly defined goals; successfully completing projects; working, winning and playing competitively; having ambitions; getting results and recognition (including financial rewards); acting purposefully

## Intimacy - Sharing Yourself.

Loving, bonding, caring, being intimate; making and growing relationships; feeling close; coupling, parenting, expanding friendships.

## Play and Creativity - Expressing Yourself.

Being imaginative, inventive, spontaneous, original, expressive, artistic, celebratory, curious, non-purposeful

## Search for Meaning - Integrating Yourself.

Finding wholeness, unity, integrity, peace, inner connection to all beings, spirituality, trust in the flow of life, inner wisdom, transcendence.

# Measures of Success



One year from now, what changes in your life do you want to be acknowledging/celebrating?

Think about times in the past two years when you've felt a great sense of achievement. What contributed to that feeling?

# Taking Stock

What inner resources (skills, experiences and personal traits) do you bring to the task of change?

Describe yourself as you see you.

**Describe yourself as you think others see you.**

**What aspects of your present life circumstances do you want less of? What do you want more of?**



