

Discovering Your Passion Worksheet

To find your passion when you're feeling unmotivated and uninspired by work, take a look at your past experience. You already have a set of lessons learned about what works and doesn't work when it comes to your career. Putting it on paper will help you gain perspective and possibly discover any consistent patterns which highlight your passion. If you are looking to make a major career change to something you've never done before, this exercise will also help you "bridge" the transition of gaining the right skills for your next career.

Fill in the blanks below. Try to write down key activities or project roles to help you. Tip: It may work well to have your resume nearby to jolt your memory.

Highlights	Fill in the blank
<i>I really excelled at...</i>	
<i>I received kudos when...</i> <i>(list awards and recognition)</i>	
<i>I have rare talents such as...</i>	
<i>It makes me happy working with...</i> <i>(creative people, numbers, clients, also answer Why?)</i>	
<i>I feel most fulfilled when...</i>	

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Low-lights	Fill in the blank
<p><i>I struggled with...</i></p> <p><i>(name the most difficult assignments and projects, also answer Why?)</i></p>	
<p><i>I received development feedback when...</i></p>	
<p><i>My weaknesses are that I...</i></p>	
<p><i>I learned the biggest lesson when...</i></p>	
<p><i>I was bored & unmotivated when I had to...</i></p>	
<p><i>I avoid working and procrastinate when...</i></p>	
<p><i>I feel least fulfilled when...</i></p>	

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Future Vision	Fill in the blank
<p><i>I envision myself...</i></p> <p><i>(having a desk job, traveling, wearing suits, etc)</i></p>	
<p><i>I sometimes daydream about being a...</i></p>	
<p><i>I have unlimited energy when I'm...</i></p>	
<p><i>I'm motivated by...</i></p> <p><i>(List what motivates you to have a career)</i></p>	<p>(Having Strong Peers, Good Leadership, Money, Success, Recognition, Personal Development, Work itself, Humanitarian efforts, Ownership of Work, Work Life Balance, Delivering Quality, Other?)</p>

Notes:

Have a question about your worksheet? You can reach me via email at jessica@managingmindspaces.com for assistance.