

## Passion, Purpose, Priorities

Enjoy the experience of working through the three sections of this document. As always, it is most helpful if you get out of your head and drop into your heart before recording your answers. You will get the most benefit from completing the sections in order. Have fun!

### *Uncovering Your Passion*

The questions below will help you uncover your passion and help you discover what truly excites you, makes you smile, and brings you joy. Take a moment to get quiet, listen to your heart, and allow yourself to uncover your passion. There is no limit and there are no rules here.

1. Make a list of what feeds your soul, lifts your spirit, and brings you total joy:
  
  
  
  
  
  
  
  
  
  
2. What would you do for free, all day long, and still feel passionate about it?
  
  
  
  
  
  
  
  
  
  
3. When you enter a bookstore, what section do you go to first?



4. What types of books or magazines do you read most often?
  
  
  
  
  
  
  
  
  
  
5. What are your values and beliefs that are unshakeable and non-negotiable?
  
  
  
  
  
  
  
  
  
  
6. If you had no fear and success was guaranteed, what would you do for a living?
  
  
  
  
  
  
  
  
  
  
7. What would you attempt if you could not fail?



8. What have you overcome in your life and whom do you want to help so they can overcome it too? Who do you want to be a hero to?
  
  
  
  
  
  
  
  
  
  
9. What aspect of your work do you love to do above all else?
  
  
  
  
  
  
  
  
  
  
10. How do you want to leave your mark on the world?



## Clarifying Your Purpose

Your purpose is connected to your core values and beliefs. When you have a deeper knowing of what is most important to you, you will make choices that are more in alignment with your purpose and who you are. Sounds pretty critical, doesn't it? Let's get started.

### Instructions

1. Review the list of values below. Rate each one as Extremely Important, Moderately Important, or Not Important by placing a checkmark in the column to the right that best describes how important that particular value is to you.
2. If there are values that are important to you, but are not on the list, add them to list!
3. Now, focus on the Extremely Important column. Narrow your list of values by circling the top five values in this column only.

Values	Extremely Important	Moderately Important	Not Important
Achievement			
Challenge			
Communication			
Competence			
Creativity			
Decisiveness			
Dependability			
Diversity			
Equality			
Family			
Flexibility			
Friendships			
Growth			
Harmony			
Health			



<b>Values</b>	<b>Extremely Important</b>	<b>Moderately Important</b>	<b>Not Important</b>
Honesty			
Humor			
Independence			
Intelligence			
Love/Affection			
Open-mindedness			
Power			
Productivity			
Prosperity/Wealth			
Quality			
Recognition			
Respect			
Risk-taking			
Security			
Simplicity			
Spirituality/Faith			
Teamwork			
Trust			
Variety			

Now that you've identified the values that are of greatest importance to you, please answer the following questions:

1. How well are you currently living your values?



2. Close your eyes and imagine yourself 20 years from now. From this perspective, what advice would you give your “current-self?” What does your current-self need to know about your purpose?

3. Think about the values of where you work. Are the organization’s values similar to yours? If you are self-employed, how well are you living your purpose through your organization? What about your work team or the people with whom you choose to collaborate?



## Identifying Your Priorities

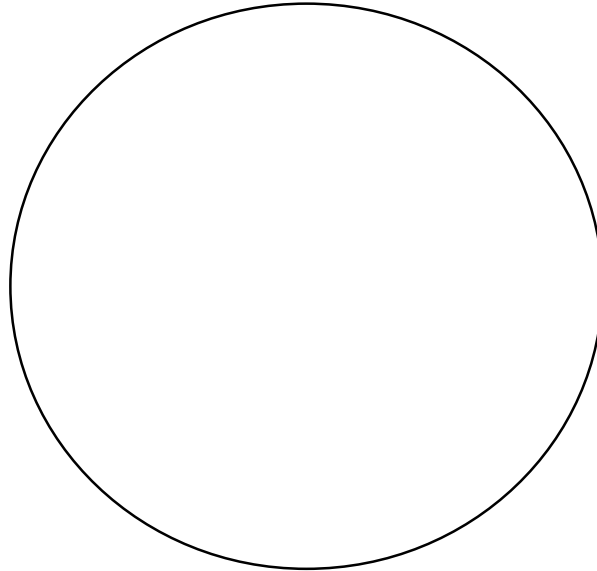
Do you ever hear yourself say, “I just don’t have time to \_\_\_\_\_” (fill in the blank. The truth is, you make time for what is important. In this exercise, you will evaluate how you are *currently spending your time* versus how you *want to spend your time*. This will help you identify your priorities.

There are 168 hours in a week, Sunday through Saturday. Below are some activities that most people engage in on a weekly basis. If you engage in an activity that is not listed, please add it in the spaces provided at the bottom of the table. Review each activity and write down the number of hours you spend **in a week** engaged in that activity.

Activity	#hours/week
Sleep	
Personal preparation time in morning	
Commuting to and from work (include time spent dropping off or picking up children)	
Working in your job (includes time working from home)	
Exercising or engaging in a sport	
Family time (activities with children, partner, pets, parents, family)	
Personal time (reading, communicating with others, quiet time)	
House chores (cooking, cleaning, laundry, taking care of children, pets, parents, family, etc.)	



The pie chart below represents 168 hours. Using the activities and hours above, divide and label the chart accordingly. This will create a visual picture of how you are currently spending your time.



168 hours

*How you are currently  
spending your time*

1. What would you change about the pie chart above?
2. Are your passions and values reflected in how you are spending your time?
3. Which activities would you like to spend *less time* and which ones would you like to spend *more time*?



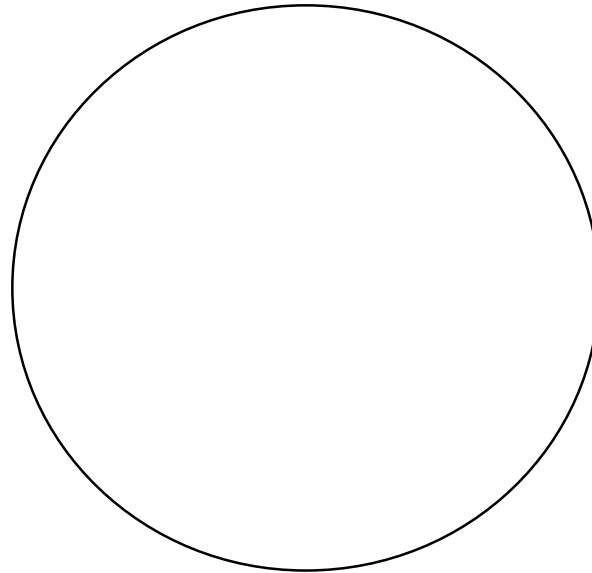


Now that you have evaluated and can visualize how you currently spend your time, complete the chart again based on how you *want to spend your time*. Remember to make time for what is important.

Activity	#hours/week
Sleep	
Personal preparation time in morning	
Commuting to and from work (include time spent dropping off or picking up children)	
Working in your job (includes time working from home)	
Exercising or engaging in a sport	
Family time (activities with children, partner, pets, parents, family)	
Personal time (reading, communicating with others, quiet time)	
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Remember, the pie chart represents 168 hours. Using the activities and hours above, divide and label the chart accordingly.



168 hours

*How you want to spend  
your time*

Congratulations on making the time to identify your Passions, Purpose, and Priorities! The final step is to decide what you will do differently going forward to honor what you've discovered.

What is the ONE THING you want to change or focus on?