

# Identifying Your Passions

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*The dictionary defines passion as a “powerful emotion; boundless enthusiasm; deep overwhelming feeling; or avid interest. The interests, activities, or accomplishments that cause this special feeling are different for everyone. It’s up to you to discover your passions.*

My heart pounds with excitement when...

I feel especially good about myself when...

I get a lump in my throat when...

I lose track of time whenever I am...

When I dream about my future, I see myself...

If I could change one thing about the world, it would be...

*“Passion is the energy and enthusiasm wedded to a sense of purpose that gives life meaning and pleasure.” Carl Goldberg*

Source: Career Choices by Mindy Bingham and Sandy Stryker

# Strengths and Personality

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Everyone has his or her own way of thinking, feeling, and acting. We are all unique. Our individual characteristics develop early in childhood and usually continue in a somewhat consistent manner throughout life. In the four columns below, you will find a list of personality traits. Circle a total of 10 traits you feel best describe you.

A	B	C	D
forthright	enthusiastic	steady	analytical
adventurous	expressive	amiable	controlling
forceful	influencing	predictable	perfectionist
sharp	emotional	supportive	systematic
decisive	inventive	loyal	conventional
risk taker	spontaneous	methodical	respectful
demanding	trusting	team player	meticulous
authoritative	outgoing	calm	well-disciplined
direct	unselfish	thorough	diplomatic
curious	self-assured	dependable	precise
competitive	charming	self-composed	sensitive
self-sufficient	inspiring	possessive	accurate

Now total the number circled in each column:

\_\_\_\_\_

Which column did you place the most circles?

Additional words to describe:

adaptable, ambitious, assertive, caring, charismatic, charitable, clever, cooperative, courageous, creative, dependable, empathetic, energetic, enterprising, friendly, gracious, gentle, handy, hardworking, humorous, independent, innovative, inventive, knowledgeable, nonconformist, nurturing, open-minded, preserving, protective, realistic, reliable, resourceful, sensitive, tactful, trustworthy, unusual, versatile, well-read, willing, etc.