

# EXPLORE YOUR PASSION:

*Invite curiosity and follow it ~*

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## TIME FOR LISTS!

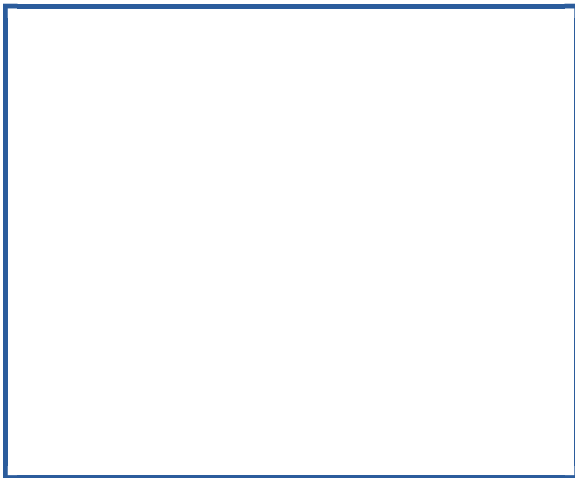
**What are your favorite books? Authors whose books you pre-order or read more than once?**



**Quick: list your most-watched movies or shows**



**Where do you like to go most of all? Do you have a "happy place" -- real or imagined?**



**First-choice songs -- old and new! Any lyrics you particularly adore? Capture the words here**



Now look at your responses for all of the above. Do you see a common theme that connects them? For example, is there a common element of water -- perhaps your favorite books are set by a lake or ocean and your songs refer to boating, with your happy place a cabin at the shore? Connect your dots.



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WRITE ANY COMMON THREADS OF CONTENT HERE:

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Do you have any thoughts (i.e., dreams) of activities that you just *might* want to do if you had the *time, money* or *x*? Write them down. (you know what's coming... that "if" will be abolished!)

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What did you love to do when you were younger?

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What topics do you talk about -- a lot -- to *everyone*?

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What do you *look forward* to doing?

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If you died tomorrow, what would you regret not doing?

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Do you take pride in being able to do something? What is it?

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What are you good at? It might seem obvious and effortless to you so don't think too hard about this. Answer quickly:

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What scares you but in a secretly exciting way? For example, are you terrified of heights but can't resist looking at tall bridges or watching cliff divers?

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*Enough thinking. Time to play! Here's a creative exploration.*

Make a vision board. Use Pinterest or get your hands busy and cut up pictures from catalogs and magazines. Put them on paper or a large art board. What are you looking for? Anything that catches your interest in a vivid way and hooks into your heart and soul. The objective is to see what pattern emerges when you're done. Repetitive images will alert you to where your subconscious is leading.

Now, put everything aside. Take time and allow your thoughts room. Let them grow in your subconscious. Take days, weeks, months. Take all the time you need. Allow your subconscious to beckon you and signal you, showing you what makes your heart sing. Your challenge? Follow that passion! Take action on it!