

Find Your Passion

The first part of figuring out how you want to spend your one and only life: identifying the activities that make you light up—the things you love to do more than anything else. Use this exercise to zero in on them.



Start Here


Brainstorm your list.

In each hexagon above, complete the sentence with a different activity. You may find that your answers range widely (from, say, apple picking to burlesque dancing to meditating)—which is fine. Try not to censor yourself or respond in ways you think you “should.” Be as honest as possible.

Now whittle it down.

Ask yourself, *If I had to choose between the first activity and the second, which is more appealing to me?* If you get stuck, close your eyes and envision a life in which the first activity plays a major role and the second doesn't exist. Now envision a life in which the second activity plays a major role and the first doesn't exist. Which image feels better? Once you have your answer, put your finger on the winner and compare that choice with the third activity. Repeat this exercise all the way around the loop, moving your finger to the winning activity after each comparison; when you complete the loop, your finger will be on your number one passion. Write that activity at the top of the list below, and draw an X over the activity in the loop. Now repeat this process four more times (always starting from the top), and each time, skip the X-ed out activities. You've just found your top five passions.

MY TOP 5 PASSIONS ARE...

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This exercise was created by Janet Bray Attwood and Chris Attwood, coauthors of The Passion Test: The Effortless Path to Discovering Your Life Purpose (Plume).