

How to Develop Your PASSION

Life Purpose Quest Worksheet

Video 5

Discovery Questions:

- Do you have any natural talents that make your heart sing? Do you get lost in the flow? Are you passionate about it? Does it feel like the purpose of your life?
- Do you have any natural abilities that you're great at but that you're not excited about? Remember it's okay not to use them.
- Have you learned any skills, whether intentionally or unintentionally, that give you a strong foundation on which to do something you really want to do?
- What skills would you need to develop?

Identifying Your Talents and Skills:

Natural Inclinations: What comes natural to you? It can be anything from numbers to technology or from teaching to dancing. Perhaps you have a knack for cars, for business, or for listening. Think of talents you have or use now, as well as ones you may have had when you were younger. For each talent you identify, circle the ones that you REALLY enjoy.

- What subject were you the best at in school?
- What activities were you naturally drawn to and good at when you were young?
- At your job, what do you do the best? What do you do better than anyone else?
- What obvious talents do you have currently?
- Is there anything you felt was a natural talent that you further developed?

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Flow:

- What do you get lost in?
- What could you do all day and lose track of time?

Unique:

- What are you good at that is unique or unusual?
- What comes easy for you that may be hard for others?

Senses: Another aspect of your ability is whether you are naturally tuned into certain sensory input.

- Have you ever been told or thought that you “had an eye” for something? Perhaps an eye for color, or design, or for detail? This may make you a good artist or engineer or architect.
- Do you “have an ear”, making you naturally good at understanding sound and/or creating music?
- Are you physically inclined and good at fitness or sports?
- Do you have heightened abilities beyond the physical senses, such as emotional intelligence or a strong intuition, making you naturally good at working with people?

Developed Skills:

- Is there anything you’re good at that you put a lot of time into developing? This can be something you deliberately practiced for a purpose OR a skill you learned as a result of your family life or career.
- Have any of these skills helped you along your journey to purpose so far?

Getting Feedback:

THIS is huge! If you do none of the other items on this worksheet, do this one!

Often your talents and skills are not obvious to you, while they may be abundantly clear to the people around you. If you’re having difficulty determining your traits, do a survey of family members, friends, or coworkers who are supportive. Ask them to tell you at least three things that they consider to be your talents or skills, whether big or small. Let them know that even if it is something that they think you already know, you would appreciate them confirming it for you.

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Now, remember to go back and review those discovery questions.

Then, summarize what you've discovered by identifying your top 3 to 5 talents and skills and for each writing down how you see them aiding you along your journey to fulfilling your purpose.

Also summarize the top 3 to 5 skills that you want to develop and for each write down why they will be important for you to be able to accomplish your goals.

I can't wait to see what your talents are!

Glitter & Grace,
Sasha

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