

Engage Your Passions

Action Tool



Passions are specific things you care about, or enjoy, or get energized by, or like to engage in or focus on, or learn about, or do, regardless of compensation, reward or recognition.

Step 1: List your passions—the things you care about and spend time doing, regardless of reward or recognition. Have at least seven passions on your list.

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Step 2: Prioritize the list. Choose which one is most important to you, second most important, etc.

Step 3: Rate yourself on each of your passions. On a scale of 1–10 (where 1 is low and 10 is high), give yourself a rating on how effectively you currently engage each of your passions in your daily life.

Step 4: Take action. Based on your ratings, choose at least 3 passions to work on. Generate specific actions you can take to engage those passions more effectively in daily life. (For example, if you have a passion for photography, commit to taking some pictures when you travel on business, e.g., of city skylines, places of interest, and people who catch your attention.)