

Describe Your Passions Questionnaire:	
Self-Reflection:	
1. What three words would you use to describe yourself?	
2. When do you feel most alive?	
3. What activities or tasks seem to make time fly for you?	
4. If money, time, and other obligations were not a factor, what would you spend your days doing?	
Past Inspirational Moments:	
1. Describe a moment in your past when you felt deeply inspired or motivated. What were you doing? Who were you with?	
2. What emotions or sensations did that moment evoke in you?	
3. How did that moment shape your actions or decisions moving forward?	
Draft a plan integrating your passions into your daily cadence.	