

## 6 STEPS TO DISCOVERING YOUR PASSIONS, TALENTS AND INTERESTS



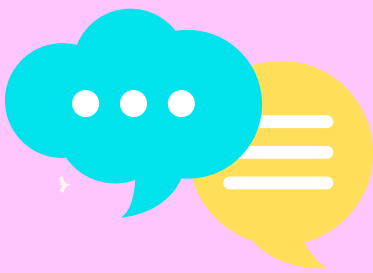
### SELF-OBSERVATION

Note down what you enjoy and what you are good at.



### EXPLORATION

Try new things – courses, workshops, books.



### CONVERSATIONS

Talk to your loved ones about your interests.



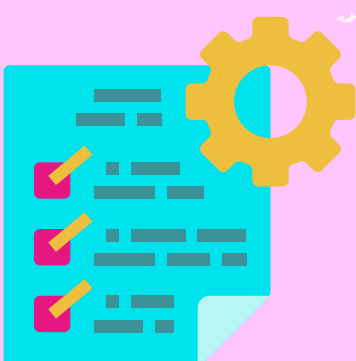
### TESTING

Practice different activities to discover a passion.



### REFLECTION

Regularly evaluate your experience.



### ACTION

Commit to developing your chosen field.