

MODULE 1. GET TO KNOW YOURSELF

**READY  
TO  
START**

**WORKSHEET 5.**



Co-funded by  
the European Union





## WORKSHEET 5.

### HOW TO DISCOVER YOUR PASSION?

#### Firstly, in your past.

There were certainly things you did passionately as a child, and of course there were also things you hated.



You eagerly attend certain classes, while avoiding others.



You enjoy spending your free time in a particular way, rather than another.



**Secondly in the environment.**

There must be some things you are complimented for.



There must be areas in which you are asked for advice.



You must be good at something.





**Thirdly, in observation and in love of taking action.**

When you lose yourself in something completely, do you fly away?  
Do you lose track of time?



What moment are you looking forward to?



What excites you?



**Fourthly, in dreams.**

I don't believe that you never indulge in a moment of contemplation, pondering what you'd cherish most in the world. Surely, from time to time, you engage in a form of mental exploration, uncovering clues that hint at your deepest desires and aspirations.





Passion is something that your body starts to do when you are well rested and have nothing else to do.



It is preferable not to start by looking for a passion, but by making room for it. Do you have room for passion in your life?



If you want to accomplish something great in your life, you must first endure boredom.

You don't invent it. You discover it through real action and self-observation. Therefore, do something, try something, test something until you feel that this means **SOMETHING**. The best thing to do in such a situation is to look for opportunities and do things.

Once you have felt this **SOMETHING**, remember this moment! **STOP for a moment**, write down what it was.



**And then do even more of it!**