

11 Ways To Uncover Your Passion

By Kathy Caprino

The background of the image is a photograph of a vast, calm sea under a soft, hazy sky. The sun is low on the horizon, creating a warm, golden glow that reflects on the water's surface. A small, dark sailboat is visible on the horizon line to the left. In the distance, a range of mountains is visible against the sky. The overall mood is peaceful and contemplative.


Ask yourself these 11 questions,
then ACT on them.

1. Look carefully at what you're drawn
to in life. What do you read, watch,
listen to, follow?



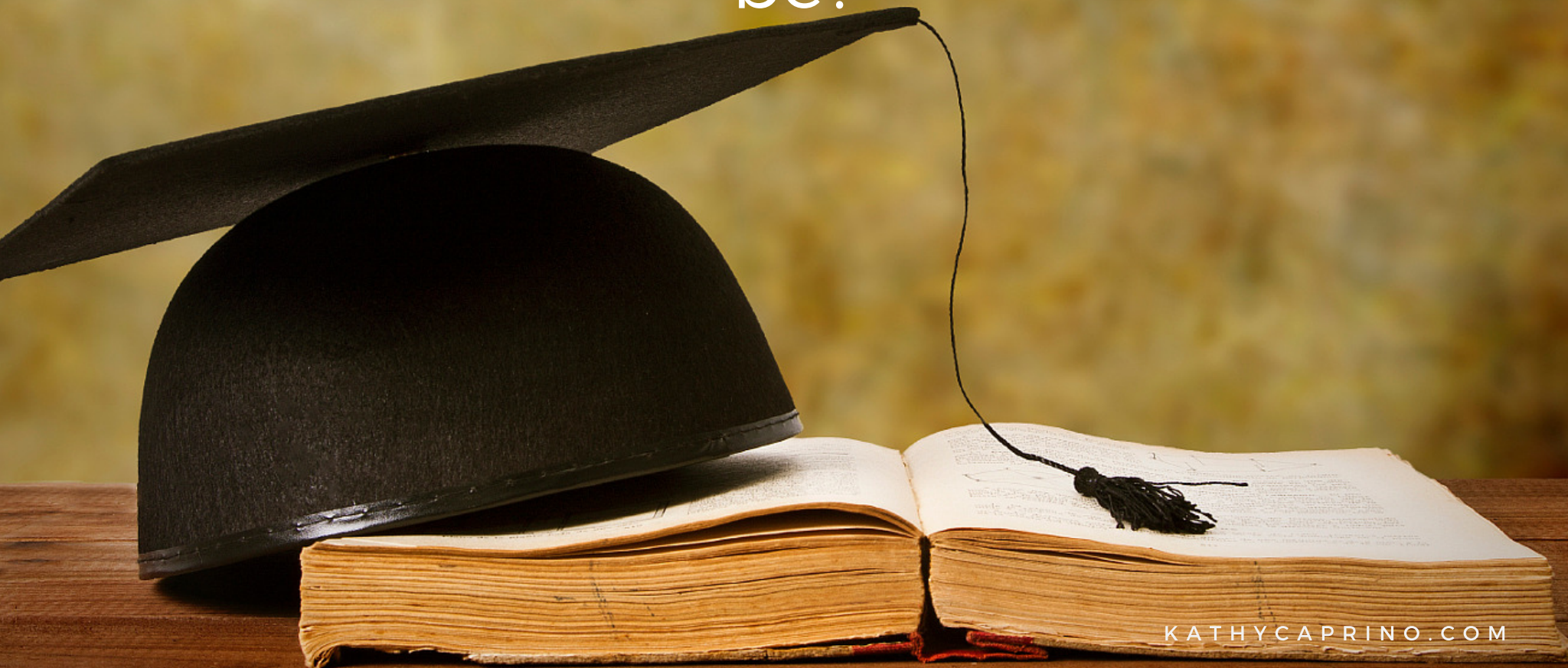
2. What agitates
and upsets you in
the world and
compels you to
DO something?



A photograph of a sandy beach at sunset or sunrise. Gentle waves with white foam are washing onto the shore from the top right. Several footprints are visible in the sand, leading from the water towards the bottom left. The sand is a warm golden-brown color, and the overall lighting is soft and warm.

3. Where are the people who inspire and uplift you? What are they focused on?

4. If you could take one college level course or program for free on anything at all, what would it be?






5. In what areas are you drawn
to helping others?

6. What “mess” in your life can be turned into a “message” for others?



7. What skill or talent do you wish you had, that would be exciting to pursue?



A close-up, profile shot of a woman with dark, wavy hair. She is resting her chin on her clasped hands, looking off to the side with a thoughtful expression. The background is a soft, out-of-focus green and blue, suggesting an outdoor setting. The text is overlaid on the left side of the image.

8. What area do
you secretly
fantasize about
being involved in
but feel foolish to
say it out loud?

9. If you knew you couldn't fail and it would all work out beautifully, what would you try?




10. What did you adore
doing as a child that
you've let slip through
your fingertips?





11. Finally, what beliefs hold you back from pursuing what excites you most?

A photograph of a forest path with tall trees and autumn foliage. A large, semi-transparent orange-red circle is centered over the path, containing white text. The path leads into the distance, flanked by green grass and colorful autumn bushes.

Are you ready to
identify your passion
and get moving doing
important work that
leverages that
passion?

A close-up portrait of a woman with dark, wavy hair, smiling slightly. She is wearing a white ribbed cardigan over a red top, a blue and clear beaded necklace, and large hoop earrings. The background is blurred with warm, bokeh lights.

For more
information, visit
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