

Discover Your Passion Journal

EXPLORE THE PASSION

What field interests you the most?
Contact the companies/entrepreneurs on this list until you find three
people who are willing to talk to you about their work.
Ask these questions and others that will help you determine what it's
really like to work in this field...

CONTACT NAME:

How long have you been doing this work?

What training or education is required to do the work?

Where did you get your training? Do you know of other training opportunities?

How do you spend most of your time?

What are your favorite things about the work?

What are your least favorite things about the work?

If you could change anything about your work, what would it be?

If you could start over, what changes would you make, including your training?

YOUR MISSION STATEMENT

In the space below write a mission statement that includes the following:

Example:

Who You Help: I help middle school kids

End Result: become well-adjusted adults

How: by teaching the core values of self-discipline, respect for others, focus, practice, patience, endurance, and self-care through karate

Why: to build leaders for future generations

Personal Mission Statement:

I help middle school kids become well-adjusted adults by teaching the core values of self-discipline, respect for others, focus, practice, patience, endurance, mastery and self-care through karate to build leaders for future generations.

Tip: Keep it brief and memorable. Your Personal Mission Statement should briefly describe your purpose and your personal call to action for this life in just 1 or 2 sentences.

Who You Help:	
End Result:	
How:	
Why:	

LIFE PURPOSE

What is the inkling you have of your purpose or vision?

If you could do anything you want, what would you most like to do in the next decade?

List three possible life purposes.

1.

2.

3.

CREATING THE LIFE YOU LOVE

Complete this worksheet to help you apply these self-compassion concepts to your own life. Imagine living your best life and learn how to apply it by thinking about and thoughtfully answering the questions that follow. By continuing this practice, you will find greater feelings of self-love and empowerment.

Clear Out All Areas of Doubt

What is one area of doubt in your life? Write 3- 4 sentences about why you doubt what you do and how you might move forward from it.

How often do you sacrifice your needs for what others want?

Do you frequently apologize for things you do not need to apologize for?