

Understanding my Passions & Interests

Explore what you love doing and what you're interested in outside of work. Read and consider the questions and prompts below and record your answers. Engage with all the questions or just the ones that catch your curiosity.

1 What lights you up?

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2 What do you want to learn more about?

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3 Which milestones would make you proud – in life or at work?

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4 How do you want your work colleagues or clients, or your community to feel?

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5 Which 'dream projects' excite you most?

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6 What did you love spending time doing as a child?

7 What do you love doing now?

8 What puts you in flow (where you lose track of time)?

9 What subject do you always talk to people about (or want to talk about)?

10 What do you get excited just thinking about doing and eagerly anticipate doing?
