



Follow the below instructions:

- Make a list of at least 10 of the most important things you can think of which would give you a life of joy, passion, and fulfilment.

- Begin each one with a verb relating to being, doing, or having, which completes the sentence:

When my life is ideal, I am-----

- Now make a list

1. When my life is ideal, I am-----

2. When my life is ideal, I am-----

3. When my life is ideal, I am-----

4. When my life is ideal, I am-----

5. When my life is ideal, I am-----

6. When my life is ideal, I am-----

7. When my life is ideal, I am-----

8. When my life is ideal, I am-----

9. When my life is ideal, I am-----

10. When my life is ideal, I am-----

- Compare the items and choose the most important to you. If you could have #1 or #2, which would you choose?

- Continue comparing the one you chose with the next one in the list.

- Repeat the exercise until you have 5 passions remaining and rank them.

- Start again and compare the ones you've missed out.