



# Find Your Passion

## LEARN

What does it mean to be **passionate** about something? When you're passionate about a subject or activity, time flies by as you're doing it. You know it's worth the energy you're putting into it, and you're proud when it's complete.

Confucius once said: "Choose a job you love and you'll never have to work a day in your life." In other words: Your job won't feel like work if you love what you do. But this may be easier said than done! In order to accomplish this, you need to understand what you are passionate about. While we all have unique passions, the tricky part can be discovering exactly what they are.

## INVESTIGATE & APPLY

1. Flip to the Wildest Dreams Brain Map on the next page, and read the directions provided. The goal of this exercise is to help you figure out your passions. You can then use these passions to guide your life decisions and make sure you're doing everything you can to feel fulfilled.
2. Once you've thought through your wildest dreams, it's time to think about how to make them come true. One way to work toward your dreams is to articulate your goals and develop action plans to achieve them. Choose two of your favorite dreams from your mind map and mark them with a star. They could be short-term dreams or long-term dreams.
3. Then elaborate on these dreams by creating a **SMART** goal in the chart below for each one. When a goal statement is **SMART**, it is:
  - **Specific:** State exactly what you want to accomplish
  - **Measurable:** Progress can be tracked easily so you know when your goal is met
  - **Achievable:** It is possible for you to accomplish your goal
  - **Relevant:** Your goal is important to you
  - **Timely:** Your goal will be completed in a stated timeframe
4. Once your goal statements are recorded, brainstorm at least two actions you could take toward achieving each goal and at least one person who could support you in your endeavor.

# Find Your Passion

CAREER FINDER (CONTINUED)



<p><b>SMART Goal:</b></p> <ul style="list-style-type: none"><li>• For example: I want to audition and earn a speaking part in the April school play.</li></ul>	<p><b>SMART Goal:</b></p>	<p><b>SMART Goal:</b></p>
<p><b>Action Steps:</b></p> <ul style="list-style-type: none"><li>• Practice my lines every night for 20 minutes leading up to the audition.</li><li>• Practice my lines in front of my siblings three times each week.</li><li>• Ask the drama teacher for feedback on what I can do better, and apply it!</li></ul>	<p><b>Action Steps:</b></p>	<p><b>Action Steps:</b></p>
<p><b>Support:</b></p> <ul style="list-style-type: none"><li>• My two brothers</li><li>• School drama teacher</li></ul>	<p><b>Support:</b></p>	<p><b>Support:</b></p>

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CAREER FINDER (CONTINUED)



## WILDEST DREAMS MIND MAP

Ready to create a mind map of your boldest dreams? Follow these directions to get started:

1. Divide your future dreams into broad categories, and create branches below for each one. Do you, for example, have any dreams about your future travels, accomplishments, physical fitness, education, career, lifestyle, where you want to live, etc.? Create a branch from the center circle for each one.
2. Then, from these main categories, create smaller branches that clearly explain your biggest and boldest dreams. You may describe your dreams in words or pictures. When someone else looks at your finished product, they should have a clear snapshot of what you envision for your future!

