

A ONE GOOD* DAY GUIDE TO...

Exploring your passions

Take some time to reflect on your interests, hobbies, and things that bring you joy. Use the following prompts and questions to guide your thinking. Be open-minded and explore different areas of your life that resonate with you.

REFLECT ON YOUR INTERESTS

What activities make you lose track of time? What subjects or topics do you enjoy learning about? What hobbies or pastimes have you always been curious about? Write down at least three interests that come to mind.

VALUES AND CORE BELIEFS

What are the values and principles that are important to you? What causes or issues do you feel strongly about? Write down any values or beliefs that are significant to you.

CHILDHOOD DREAMS

What did you dream of becoming or doing when you were younger? Are there any childhood memories or experiences that still resonate with you? Write down any childhood dreams or inspirations that come to mind.

MOMENTS OF FLOW

Think about times when you have felt fully engaged and fulfilled. What were you doing during those moments? What aspects of those activities or experiences made them special? Describe at least one moment of flow or fulfillment.

CURIOSITY AND EXPLORATION

What are some new activities or interests you've been curious to explore? Is there something you've always wanted to try but haven't had the chance? Write down any new activities or interests you want to explore:

COMBINING PASSIONS

Are there any ways you can combine multiple interests or hobbies? Can you think of any unique or innovative ways to pursue your passions? Brainstorm any ideas for combining passions:

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Based on your reflections, what is one action you can take to explore your passions further? How can you incorporate your passions into your daily life?

Remember, this worksheet is just a starting point. Use it as a tool to spark your thinking and inspire further exploration. Feel free to revisit and update it as you delve deeper into discovering and pursuing your passions.

EXAMPLE PASSIONS!

Photography	Poetry or creative writing	Spirituality/mindfulness
Writing	Playing sports	Surfing or water sports
Cooking	Crafting or DIY projects	Stand-up comedy
Painting or drawing	Acting or theater	Pottery or ceramics
Playing an instrument	Collecting items	Reading and book clubs
Dancing	Technology and coding	Car restoration
Gardening	Environmental conservation	Astronomy or stargazing
Traveling	Animal care and rescue	Makeup artistry
Hiking/outdoor exploration	Fitness	Mountain biking or cycling
Volunteering	Graphic design	Martial arts
Yoga or meditation	Sustainable living	Writing/performing music
Fashion/personal styling	Event planning	Knitting or crocheting
Film or filmmaking	Teaching or mentoring	Chess or board games
Interior design	Advocacy	Learning new languages



This is a diverse list, and your passions may be entirely unique to you. Explore your interests, try new things, and embrace what truly ignites your enthusiasm and brings you joy.