

# Your Passions

## Workbook

A guided workbook for reflection,  
awareness, and intentional growth.

SELF-GROWTH JOURNEY

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# Your Passions

Amid routines, responsibilities, and constant movement, it can be easy to lose touch with what genuinely brings you energy, curiosity, excitement, or aliveness.

Passions are not always loud or dramatic.

Sometimes they quietly appear in moments of interest, creativity, fascination, or enjoyment, or in activities that naturally draw your attention and make you feel more connected to yourself.

Some passions may already feel clear and deeply present in your life. Others may feel forgotten, unexplored, or difficult to fully name.

This workbook is an invitation to slow down and reconnect with the things that genuinely light something up within you.

Not what seems impressive.

Not what others expect you to pursue.

But the interests, experiences, ideas, and activities that feel meaningful, energizing, or deeply alive to you personally.

As you move through these pages, you may begin to notice patterns in what draws your attention, sparks your curiosity, or creates a stronger sense of purpose, creativity, or engagement.

Some reflections may feel exciting and familiar.

Others may uncover parts of yourself that have been waiting quietly beneath the surface. That's completely okay.

There's no need to force clarity or turn every passion into a goal, career, or achievement. Sometimes reconnecting with what brings you alive is already meaningful on its own.

Take what resonates.

Leave space for uncertainty.

Return to anything that feels important.

This is not about becoming someone different.

**It's about reconnecting with more of what makes you feel fully alive.**



## Exploring Your Passions

Passions often reveal themselves through sustained interest, energy, curiosity, or emotional engagement.

They are the subjects, activities, environments, or experiences that naturally draw your attention and make you want to stay involved longer.

As you reflect, think about:

- what you return to repeatedly
- what holds your attention naturally
- what gives you energy rather than draining it
- what you enjoy learning, discussing, building, creating, or experiencing
- what feels meaningful even when it requires effort

Not every passion needs to become a career, achievement, or identity.

Sometimes passions simply reveal important parts of who you are and what brings your life depth, vitality, or meaning.



## Passion Brainstorm

**Answers (write whatever comes to mind)**

*What activities make you lose track of time?*

*What is something you'd happily learn about over and over again?*

*What is something you could talk about for hours with energy or excitement?*

*What did you naturally enjoy doing as a child?*

*If time and money were not a concern, how would you spend your days?*

*What do you find yourself drawn to, even without a clear reason?*

*What excites you or brings you a sense of aliveness?*



## My Core Passions

Take your time as you look back at what came up for you.

You may notice certain ideas appearing more than once, or standing out more clearly.

You don't need to choose the "best" passions—just the ones that feel most meaningful or alive for you right now.

Write down a few that you feel drawn to.

	Passion
1	
2	
3	
4	
5	



## Exploring a Passion

Begin to explore this passion deeper.  
Don't focus on perfection, but on how it feels and what it brings up for you.

**Passion #1:** \_\_\_\_\_

### What draws you to this?

*(What about it feels interesting, meaningful, or exciting?)*

### When do you feel most connected to this?

*(Moments, situations, or experiences where it shows up)*

### What does this give you?

*(Energy, curiosity, purpose, expression, etc.)*

### What might this be asking for in your life?

*(More time, attention, exploration, or space)*



## Exploring a Passion

Begin to explore this passion deeper.  
Don't focus on perfection, but on how it feels and what it brings up for you.

**Passion #2:** \_\_\_\_\_

### What draws you to this?

*(What about it feels interesting, meaningful, or exciting?)*

### When do you feel most connected to this?

*(Moments, situations, or experiences where it shows up)*

### What does this give you?

*(Energy, curiosity, purpose, expression, etc.)*

### What might this be asking for in your life?

*(More time, attention, exploration, or space)*



## Exploring a Passion

Begin to explore this passion deeper.  
Don't focus on perfection, but on how it feels and what it brings up for you.

**Passion #3:** \_\_\_\_\_

### What draws you to this?

*(What about it feels interesting, meaningful, or exciting?)*

### When do you feel most connected to this?

*(Moments, situations, or experiences where it shows up)*

### What does this give you?

*(Energy, curiosity, purpose, expression, etc.)*

### What might this be asking for in your life?

*(More time, attention, exploration, or space)*



## Exploring a Passion

Begin to explore this passion deeper.  
Don't focus on perfection, but on how it feels and what it brings up for you.

**Passion #4:** \_\_\_\_\_

### What draws you to this?

*(What about it feels interesting, meaningful, or exciting?)*

### When do you feel most connected to this?

*(Moments, situations, or experiences where it shows up)*

### What does this give you?

*(Energy, curiosity, purpose, expression, etc.)*

### What might this be asking for in your life?

*(More time, attention, exploration, or space)*



## Exploring a Passion

Begin to explore this passion deeper.  
Don't focus on perfection, but on how it feels and what it brings up for you.

**Passion #5:** \_\_\_\_\_

### What draws you to this?

*(What about it feels interesting, meaningful, or exciting?)*

### When do you feel most connected to this?

*(Moments, situations, or experiences where it shows up)*

### What does this give you?

*(Energy, curiosity, purpose, expression, etc.)*

### What might this be asking for in your life?

*(More time, attention, exploration, or space)*



## Reflection

As you look back at the passions and interests you explored, notice what patterns begin to emerge.

Some may connect closely to your values, strengths, or sense of purpose. Others may reflect curiosity, creativity, connection, challenge, freedom, or expression.

You may also notice that certain passions appear consistently across different stages of your life.

**What do these interests seem to reveal about what matters most to you?**

A large area of dotted lines for writing.

# Continue Your Journey

Thank you for taking the time to reflect on the interests, experiences, and activities that bring energy and meaning into your life.

Passions are not always meant to become accomplishments, careers, or perfectly defined paths.

Sometimes they simply remind us what helps us feel curious, engaged, creative, connected, or fully ourselves.

Some of the passions you explored may already feel deeply present and active in your life. Others may feel quieter—parts of yourself you want to reconnect with, explore further, or make more space for over time.

Small moments of curiosity and exploration can begin to shift the way you experience your life, your energy, and your sense of possibility.

If something in these pages resonated with you, you may want to continue exploring the broader Self-Growth Journey Blueprint, along with additional guided workbooks and reflective resources available through SGJ.

Take what feels helpful.  
Leave what doesn't.  
Return whenever you need to.

## **Explore the Full Blueprint:**

[sgjourney.life/blueprint](https://sgjourney.life/blueprint)

*Additional printable tools, planning pages, and guided growth resources are available online.*

selfgrowthjourney.life