

Passion and Goals

1. If you had a credit card with an unlimited amount of money, what would you do everyday?

2. What's that topic, or activity, or idea that dominates a significant amount of you free time?

3. What are your natural talents?

4. What do you do when you procrastinate? This is important because it means that's what you find enjoyable and are attracted to. One author said: *"What you do when you procrastinate is probably what you should be doing all your life."*

5. What topic do you often debate with your friends? Or what do you argue with people about? If you argue about something, it means you care about it. We never debate the things we're not interested in.

Module 1

6. If you had one year to live and you were guaranteed to succeed at anything, what would you do?

7. What's that thing you don't do because you are afraid or you believe you're not ready?

Answering these questions should indicate what you are passionate about. Now, that you have a cleared idea of what your passion may be, it's time to set a goal linked to it.

For this exercise, we want you to fantasize. If anything was possible, what would you choose as your goal? Pay attention to your thoughts as you write your goal, your mind will start talking to you, explaining why it's impossible for you to achieve that goal.

Do not listen to those thoughts and just write your goal. Choose a goal that you don't know how to achieve or it seems like a dream, but you really, really want it. You don't even have to know why you want it so bad. You don't have to know who you will achieve it. It's ok if you feel fear when you think about it. You just have to know that achieving this goal will make you feel amazing!

My goal for the next __ years is...
