



David Larrick Smith

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You **CAN** Make A Difference!™

Finding Your Passion Worksheet

Objective: *The answers to these questions will help to reveal a common theme of interest and importance in your life. This worksheet will help you to identify where your values and strongest interest lie. You can only find your true passion by doing what you enjoy most - NOT doing what you think will make you money! You will only discover your Passion in life, or Major Definite Purpose doing what you love to do.*

Instructions: *Before you answer the following questions, always keep mind, body, and spirit foremost. You are a creature of nature. The more inline with nature you become, the more peace and serenity you will have.*

Step One: *Engage in 15-20 continuous minutes of your favorite physical activity. Exercise increases your heart rate, which oxygenates your blood stream. It also releases endorphins that aide in relaxation and clarity.*

Step Two: *Find a very quiet and serene place where you can be alone and relax. In a state of conscious relaxation, answer the questions below.*

Step Three: Rinse and Repeat: *This is a process. It will take time, but if you are honest with yourself and begin searching...you will have an epiphany and you will find your passion!*

List as many answer to each question as possible.

1. *What activities give you the greatest sense of self-fulfillment, joy, pride, and happiness?*
2. *How do you spend your free time? What are your interest, hobbies, and leisure activities?*
3. *If you were given 6 months to live, how would you spend the remainder of your days?*
4. *If you had no limitations of your ability, what would you do?*
5. *If you had 10 billion dollars, what would you do? How would you impact the greater good for the sake of others? What would you do with your time and life?*

To schedule David for your next event, contact:
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