



Discovering Your Passion

Take time today to use this worksheet to help discover your passions. Consider this a brainstorming activity, with no right or wrong answer. Some of the questions will seem repetitive, but have been carefully crafted to get you to look at life either from another angle or more closely. Before you begin this exercise, spend time in prayer, asking the Lord to reveal Himself and His truth to you.

1. Describe where you were born and your family dynamics.
2. Where there any traumas, trials, or blessings that clearly shaped your view of God, others, self?
3. What hobbies did you enjoy as a child?
4. What type of relationships caused you to thrive or withdraw?
5. How would you describe your natural wiring, in terms of personality?

13. What negative and positive experiences have defined your life?

14. How have those experiences filled your life toolbox with a unique perspective and set of skills?

15. As you look back on your life, what have you always loved to do, or found yourself doing, either recreationally, socially, emotionally, physically, or professionally.

16. What are four "I like to _____" statements that best describe you.

I like to:

I like to:

I like to:

I like to:

17. What group of people do you most enjoy serving? And most enjoy relating to? Think in terms of family, young children, teens singles, married, women, couples, elderly, disabled.

serving:

relating:

18. What types of needs to you most enjoy meeting, such as emotional, physical, business, social, spiritual?

19. What burdens your heart?

20. What makes you bold and outspoken?

21. When you think of Scripture, what favorite verses come to mind?

Putting it Together

Do you notice any themes drawn from your answers above. Like a connect-the-dot, look for the way your life circumstances and God-given motivators line up. See if you can identify a particular theme word and then spend time searching the Scriptures to identify a guiding verse(s) to reflect that particular word or statement. Use the hint list below to summarize your answers from the questions above.

Hint List

Serving & Relating

babies
young children
tweens
teens
twenty-somethings
adults
elderly
singles
marrieds
divorces
widows
abuses
hungry
poor
underprivileged
affluent
orphans
fatherless and/or motherless
fathers and/or mothers
daughters and/or sons
children
families
wives and/or husbands
body of Christ
other_____

Skill or Talent

nurturing
leading
protecting
providing
organizing
creating
encouraging
serving
equipping
engaging
restoring
defending
ministering
spreading
feeding
hosting
educating
mentoring
discipling
disciplining
reaching
homemaking
other_____

Cause

Gospel
relationships
prayer
nations
heart
mind
excellence
politics
stewardship
environment
finances
purity
modesty
the arts
athletics
missions
evangelism
mercy
leadership
Biblical servanthood
Biblical womanhood
Biblical manhood
other_____

Still struggling to discover your passions? Consider life coaching with Lisa at [Passion and Purpose: Life Coaching for Life Change](#).