



# Discover your Soul's Purpose

## Finding your passions

There are things that we're passionate about. Things we LOVE to do, activities that we lose ourselves in, that get us all wired up. This test, based from the book *The Passion Test – The Effortless Path to Discovering Your Life Purpose*, will help you identify your top 5 passions and aligning your life to what matters the most to you.

- **Step 1.** Choose 15 passions by category from the list below.
- **Step 2.** Write down your passion statements (example below), phrases that reveal what make each of these passions personal to you. To find your statements, use the following question as a guide:
  - When you life is ideal, how will you be living each of these passions?
- **Step 3.** Choose you top 5 by elimination in pairs.
- **Step 4.** Give a score from 0-10 on each of your top 5 passions. How much are you living your top 5 passions in your life right now?
- **Step 5.** For each passion, write 3 markers to help you know and remind you that you're living your passion.

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Passion	Statement	
Achievement	I am manifesting my goals and dreams	
Arts	I express my artistic side	
Awareness	I am growing in consciousness and awareness	
Business	I am engaged in a successful and thriving business	
Career	My career is my life purpose. I am successful, inspired and fulfilled	
Community	I feel belonging to my community and take active part in it	
Connection	I feel connected to everything around me	
Creativity	I am living in my genius zone	
Environment	I am surrounded by nature and beauty	
Fame	I am recognized and acknowledged for my accomplishments	
Family	I am spending meaningful and happy time with my family	

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<b>Friends</b>	I have dear friends who support me in my journey	
<b>Fun</b>	I am having fun and feeling joyful in my life	
<b>Health</b>	I am feeling healthy and vibrant. I live a healthy lifestyle and have vitality	
<b>Intellect</b>	I feel intellectually challenged and fulfilled	
<b>Leadership</b>	I inspire those around me and take action and excel	
<b>Learning</b>	I am learning new knowledge and skills	
<b>Partner</b>	I am in a loving empowering romantic relationship	
<b>Productivity</b>	I accomplish things easily and efficiently, making the most out of my time	
<b>Relaxation</b>	I have time to rest and relax whenever I want to	
<b>Spirit</b>	I am feeling spiritually connected and have a sense of purpose	
<b>Sports</b>	I play my favourite sports	
<b>Teaching</b>	I create impact of those around me as a teacher and mentor	



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<b>Travel</b>	I am travelling and discovering new places, food and people	
<b>Wealth</b>	I live abundantly and I am financially free	
<b>Balance</b>	I live a life of balance in all areas of my life	
<b>Religion</b>	I am devoted to my faith and feel a strong sense of connection	
<b>Control</b>	I am in full control of my life	
<b>Service</b>	I am making a difference in the lives of those around me	
<b>Freedom</b>	I feel free and unlimited	

## **My 5 passions are:**

- 1.
- 2.
- 3.
- 4.
- 5.