

HOW TO FIND YOUR PASSION

- I. Interactive lecture.
- II. Discussion questions.
- III. Discussing quotes.
- IV. Video and follow-up questions.
- IV. Summary and takeaways.

I. INTERACTIVE LECTURE

- Discovering your passion is a personal journey that involves self-reflection and exploration.
- Here are seven important points to help you find your passion.



1. Self-Reflection:

- Take time to reflect on your interests, values, and strengths.
- Consider activities or subjects that make you lose track of time and engage you deeply.
- Identify moments in your life when you felt most fulfilled or accomplished.

2. Experiment and Explore:

- Try new activities, hobbies, or courses to expose yourself to a variety of experiences.
- Attend events, workshops, or meetups related to different fields to broaden your exposure.
- Don't be afraid to step out of your comfort zone to discover new interests.

3. Listen to Your Inner Voice:

- Pay attention to your intuition and gut feelings about certain activities.
- Notice when you feel a sense of excitement, enthusiasm, or joy.
- Trust your instincts and be open to exploring paths that resonate with your inner self.

4. Set Goals and Challenges:

• Establish short-term and long-term goals that align with your interests.

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- Challenge yourself to achieve personal milestones, and assess how fulfilling the journey is for you.
- Goals can act as a compass, guiding you toward activities that bring a sense of purpose.

5. Learn from Role Models:

- Identify individuals who inspire you and whose careers or lifestyles you admire.
- Research their journeys and learn about the steps they took to pursue their passions.
- Extract lessons from their experiences and apply them to your own exploration.

6. Combine Passions and Skills:

- Assess your existing skills and talents.
- Explore how you can integrate your skills with your interests to create a unique passion.
- Look for opportunities where your strengths align with your personal interests.

7. Be Patient and Persistent:

- Finding your passion is often a gradual process, and it may take time.
- Embrace the journey, and don't be discouraged by initial setbacks or uncertainties.
- Stay persistent in your exploration, adapting as needed, and remain open to evolving passions.



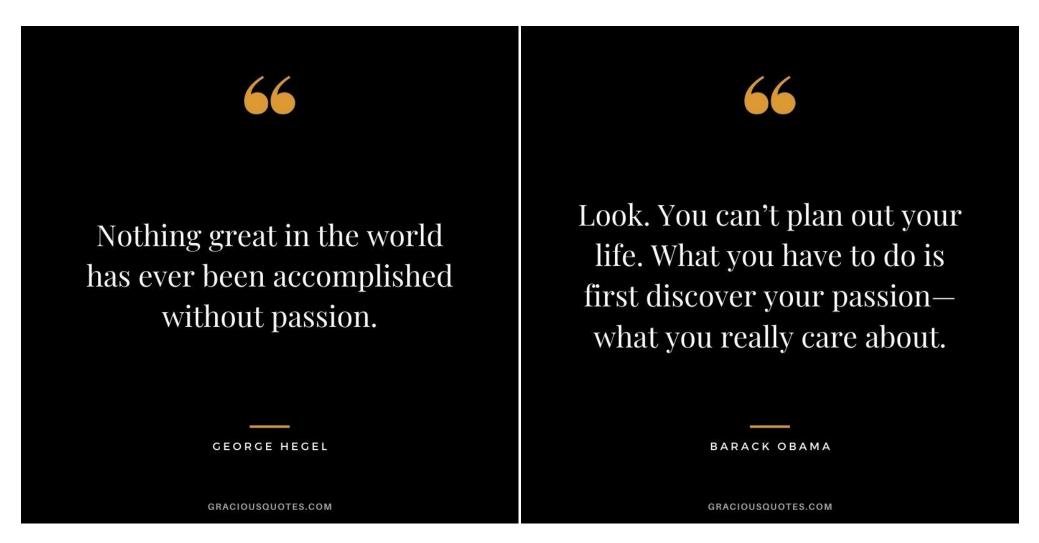
II. DISCUSSION QUESTIONS

- 1. Why is finding your passion an important thing in life?
- 2. What can your passion give you?
- 3. What activities make you lose track of time because you enjoy them so much?
- 4. Are there any childhood interests or hobbies you'd like to explore again?
- 5. What new activities or skills would you like to try?
- 6. How can you expose yourself to a variety of experiences to discover new interests?
- 7. What are some of your big dreams, and how can you work toward them?
- 8. Who are some people you look up to, and what can you learn from their journeys?

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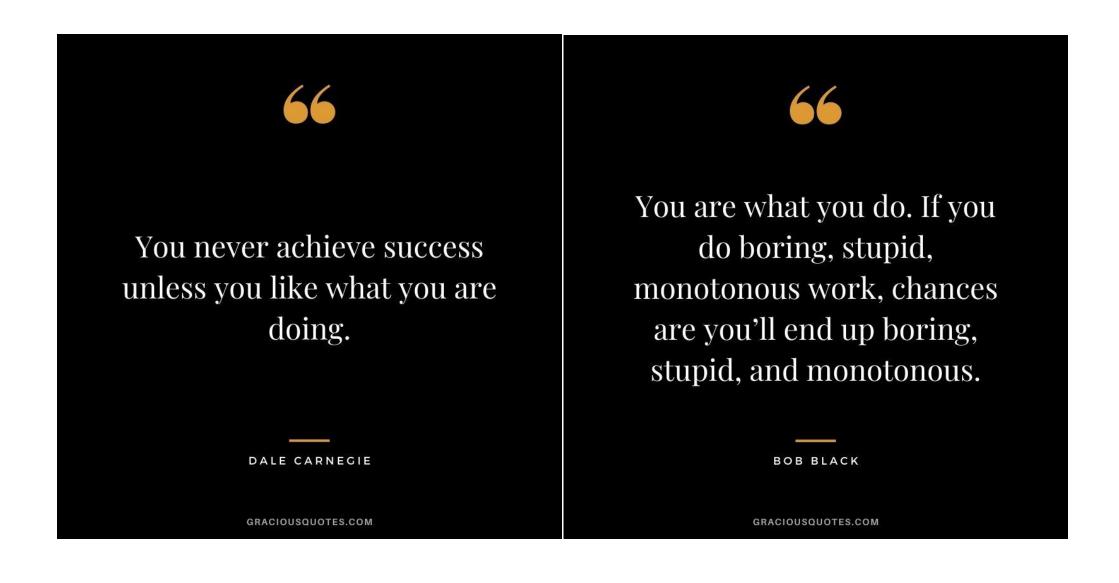


III. DISCUSSING QUOTES



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IV. VIDEO AND FOLLOW-UP QUESTIONS

- Watch the video "HOW TO FIND YOUR PASSION"
- Write down what YOU THINK is important.

https://www.youtube.com/watch?v=6pgaJb2Wwhs&t=160s



V. SUMMARY AND TAKEAWAYS

- Remember that passion is dynamic and can change over time.
- Be open to continuous self-discovery.
- Allow yourself the flexibility to adapt your pursuits as you grow.
- Learn more about yourself.
- Passion can make your life more meaningful and happy
- In order to find it:
 - ✓ Know yourself and reflect on what engages you deeply.
 - ✓ Meet new people, go to new places, try new things.
 - ✓ Listen to your inner voice.
 - ✓ Set goals connected to passions and interests.
 - ✓ Learn from people who inspire you.
 - ✓ Connect your passions and skills to create something unique.
 - ✓ Be patient and never give up looking for your passions.

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