

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.

- 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?

III. DISCUSSING QUOTES

“

Nothing great in the world
has ever been accomplished
without passion.

—
GEORGE HEGEL

GRACIOUSQUOTES.COM

“

Look. You can't plan out your
life. What you have to do is
first discover your passion—
what you really care about.

—
BARACK OBAMA

GRACIOUSQUOTES.COM

“

You never achieve success
unless you like what you are
doing.

—
DALE CARNEGIE

GRACIOUSQUOTES.COM

“

You are what you do. If you
do boring, stupid,
monotonous work, chances
are you'll end up boring,
stupid, and monotonous.

—
BOB BLACK

GRACIOUSQUOTES.COM

“

Passion is so key in leading
and creating excellence that I
will hire passion over
education and talent every
time.

DAVE RAMSEY

GRACIOUSQUOTES.COM

“

Anything that gets your blood
racing is probably worth
doing.

HUNTER S. THOMPSON

GRACIOUSQUOTES.COM

“

If you can't figure out your
purpose, figure out your
passion. For your passion will
lead you right into your
purpose.

BISHOP T.D. JAKES

GRACIOUSQUOTES.COM

“

The most powerful weapon
on earth is the human soul
on fire.

FERDINAND FOCH

GRACIOUSQUOTES.COM

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.

Opracowanie: Karol Pietrzyk