



## Ponder Your Passion Worksheet

### Summary

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The “Ponder Your Passion Worksheet” is part of a five-part series called *Your Career is Calling: Five Paths to Job Perfection*. This series focuses on finding your career calling and discovering the five paths to your perfect job. See [www.squawkfox.com/category/career-work](http://www.squawkfox.com/category/career-work) to follow the series.

### Five Points to Ponder

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It's important to ponder your passion on the road to finding your career calling. Consider the following points before querying the questions below:

- **Be specific:** Try not to generalize your responses. Do try to narrow your focus. For example: “I love programming” is general, while “I love programming in the PHP language” is more specific.
- **Be honest:** Truthfully write what first comes to mind.
- **Be silly:** Feel free to write down something that seems silly or weird. Sometimes, the seemingly strange can actually be your passionate path. One of my loves is racing my bike uphill! I once landed a paid gig writing a story about the benefits of riding a bike uphill. So be silly or strange, you never know where the money will flow!
- **Be yourself:** Only think of yourself during this exercise. Focus on what makes YOU and only YOU happy. It's doesn't matter what your parents want, or what you think other people want. Answering these questions is all about what makes YOU tick.
- **Be real:** Feel free to look outside past careers and write stuff from sports, hobbies, pastimes, or musings. Your passion may be what you play, rather than what you work.

### Five Questions to Query

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Answer the following questions by being specific, honest, silly, real, and yourself.

#### 1. What makes you happy and brings you joy?

Be specific:

Be honest:

Be silly:

Be real:

Be yourself:

**2. What gives you the greatest sense of excitement, makes you feel alive, and motivates you?**

Be specific:

Be honest:

Be silly:

Be real:

Be yourself:

**3. What do you look forward to?**

Be specific:

Be honest:

Be silly:

Be real:

Be yourself:

**4. What brings you great satisfaction?**

Be specific:

Be honest:

Be silly:

Be real:

Be yourself:

**5. What scares, terrifies, and causes you the greatest grief?**

Why a scary question? There is value in knowing what you don't like. Knowing what causes you grief can sometimes help you find the opposite, what you love. Acknowledging what you dislike can also highlight growth opportunities. For example: joining Toastmasters to face the fear of public speaking.

Be specific:

Be honest:

Be silly:

Be real:

Be yourself:

## Conclusion

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Congratulations! You reached the end of the "Ponder Your Passion Worksheet". Continue to the next instalment in the series, *Your Career is Calling: Five Paths to Job Perfection*. See [www.squawkfox.com/category/career-work](http://www.squawkfox.com/category/career-work) for more information.

If you feel unsettled with the words written in this worksheet, feel free to start over. Don't fret! I've been through this exercise a few times before putting my true passions on paper.