



Discover Your True Passions

By Angie J. Hernandez, C.Ht.



1) WHAT'S THE ONE THING I'VE ALWAYS WANTED TO DO? _____

2) IF I COULD SPEND TODAY DOING WHATEVER I WANT TO DO, WHAT WOULD IT BE? _____

3) WHERE DO I REALLY WANT TO LIVE? WHAT CITY AND WHAT TYPE OF RESIDENCE? _____

4) WHERE WOULD I LIKE TO VISIT? _____

5) WHAT DO I TALK ABOUT DOING BUT NEVER DO IT? _____

6) WHAT ARE THE REASONS I DON'T GO AFTER MY DREAMS? _____

7) HOW WILL I FINISH THE SENTENCE, "MORE THAN ANYTHING, BEFORE I DIE, I WANT TO _____?"

8) WHAT ARE THE THINGS IN MY LIFE THAT I WOULD LIKE TO GET RID OF? _____

As a child, what did you
want be when you grew up?

If money were no option,
what kind of vacation would
you take?





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9) WHICH PEOPLE IN MY LIFE INSPIRE ME AND WHY? *IT'S IMPORTANT TO KNOW WHO INSPIRES YOU SO YOU CAN SPEND MORE TIME WITH THEM.*

10) IF I WERE TO MAKE JUST ONE RADICAL CHANGE IN MY LIFE RIGHT NOW TO MAKE LIFE BETTER, WHAT WOULD IT BE?

11) HOW DO I FEEL WHEN I PUT ALL MY EFFORT INTO ACCOMPLISHING ONE OF MY GOALS?

12) HOW DO I FEEL WHENEVER I ACHIEVE A LIFE GOAL?

13) WHAT'S MISSING FROM MY LIFE?

14) WHO ARE MY BIGGEST SUPPORTERS?

15) WHO GETS IN THE WAY OF ME ACHIEVING MY GOALS?

If you could chose a new life from infancy, what would that life look like?

What words would your friends use to describe you? Are you happy with that?

