

## Passion Journaling Prompts

Feel free to choose the prompts that resonate with you the most, and use them as a starting point for your journaling practice.

- What activities or interests make me feel most alive and energized? Describe a recent experience where I felt deeply passionate about something.
- Reflect on a time in my life when I pursued a passion wholeheartedly. What were the challenges I faced, and how did I overcome them?
- How has my understanding of passion evolved over the years? Have there been any significant influences or experiences that shaped my perception of passion?
- Write about a passion project or goal that I've been putting off. What steps can I take to reignite my enthusiasm and commitment to this endeavor?
- Explore the connection between passion and purpose. How does pursuing my passions contribute to my overall sense of fulfillment and meaning in life?
- Think about someone I admire for their passion and dedication. What qualities do they possess that inspire me, and how can I incorporate those qualities into my own life?
- Describe a passion that I haven't fully explored yet. What intrigues me about it, and what steps can I take to delve deeper into this interest?
- Reflect on any fears or insecurities that hold me back from fully embracing my passions. How can I cultivate courage and resilience to pursue what truly excites me?