



# 25

## Ways to Discover Your Passions

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Finding your passion and being able to put it into words is important. Only then can you do the things that truly fulfill you.

### Try these 25 techniques for finding your passion:

1. Meditate
2. List everything that makes you happy
3. Tune other people out
4. Ask those who know you best
5. Take a class
6. What items interest you when you read?
7. What do you find easy?
8. Avoid letting monetary concerns limit your dreams
9. Talk to people who love the same things you do
10. Walk down memory lane. What did you love as a child?
11. Imagine your perfect day
12. If you only had one wish, what would it be?
13. Make a Passion Board
14. Visualize
15. What would you like to do in your free time?
16. Discover your creativity
17. Ask a friend to read your face as they list many items you might enjoy
18. Think about things you would do for free
19. Get involved in new activities or clubs that you feel might interest you
20. Listen to that small voice inside you to discover your true feelings
21. What gives you endless energy?
22. Do something you love every day
23. Research
24. Practice anything that interests you to discover more talents
25. Never give up