

Creativity in Personal Growth

In life, there are things we just absolutely *love* to do! There are things we *naturally* feel drawn to. There are activities we lose ourselves in—getting in the *flow*. There are things we're *passionate* about, that inspire us, or that get us all riled up. In a search for your purpose, an important place to look at are THESE things! Purpose implies meaning, yet it also implies something that it feels like we were *made* to do. The good news is we instinctively or intuitively know what we're "made for"—we can feel it. It's that inner nudge that pulls us toward what we love, do naturally, and are passionate about.

Here are a few key components that will help you discover your passion and life purpose:

YOUR PASSION: What Do You Love?

1. The activities I do currently that bring me pleasure include:
2. The activities I know I love that I may not currently be doing but would like to do, include:
3. The other aspects of life that bring me joy, excitement and that energize me are:
4. In my life I have been passionate about:

These passions and interests are powerful sources of inspiration and fuel for feeding yourself and living with purpose!

YOUR GIFTS: What Do You Have to Offer?

You feel the most alive and passionate about life when you are doing what you are MADE FOR. When you do something that comes naturally to you—a talent—you are fully expressing yourself. Examining your talents and other qualities you have to offer, sheds light on what aspects of yourself you can do the most good with, which also happen to be the same gifts that bring purpose to life.

1. I am most myself when:
2. What comes easy for me that may be hard for others?

3. My best qualities are: *(Here are a few ideas but add your own as well)*

humorous	comforting	inspiring	calm
kind	courageous	supportive	adventurous
visionary	direct	optimistic	spontaneous
practical	determined	entertaining	quick-thinking
persuasive	intelligent	knowledgeable	original
enthusiastic	gentle	energetic	compassionate
open	generous	patient	insightful
flexible	strong	generous	fabulous

YOUR DREAMS: What Do You Really Want?

Your dreams are calling you. The true you already knows what they are and never stops dreaming. Often the key to unlocking both your passion and your purpose is to allow yourself to remember your dreams and go for them!

1. If I could have anything I want, what would it be?
2. If I could do anything I want, what would it be?

YOUR VALUES: What Do You Stand For?

Sometimes your passions are things that boil your blood. They tug at your heartstrings because you care about them. Based on your values and ideals about life you end up wanting the world to be better, often in specific ways. Tuning into these greater values can unleash your passion.

1. What would I like to change in the world?
2. In what way can I BE the change I want to see in the world?
3. What do I stand for?

The values, dreams, gifts and passions I am committed to fulfilling in my life: