

What's Your Passion? Quiz

Are You Ready to Discover, Develop, and Live Your Passion?

Check the statements below that are true for you. Be completely honest. If an item causes a strong reaction because you don't want it to be true, it's more than likely true for you.

1. ____ I feel less than completely satisfied with my life.
2. ____ I do not feel that I am doing my best or achieving the most I can.
3. ____ I do not feel excited about my day-to-day activities.
4. ____ I often feel stuck or unable to change my current situation.
5. ____ I am not sure what I want to do with my life.
6. ____ I don't remember or know what really excites me.
7. ____ I wish I had more time to do the things that make me happy.
8. ____ I often feel reluctant or uninspired when going about my daily routines.
9. ____ I would like to pursue new or unexplored interests.
10. ____ I am apathetic or uncertain about my future.

Scoring

Give yourself one point for each statement you marked true. Then read on to learn where you stand.

0-1 Congratulations! You are living your passion.

2-4 You are missing some opportunities to incorporate more passion into your life. Begin to identify significant passions that you are not experiencing and incorporate them into your life in big or small ways.

5-7 You are dissatisfied with the way things are going in your life. Develop specific actions for identifying and incorporating passion into your life.

8-10 You are suffering from severe passion deficit. Take immediate steps to identify your passion and solicit the support of your family and friends to help you incorporate it into your life now.