



Reflect on Your Passions

Energy



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PERSONAL PASSIONS ACTIVITY

Passions are the feelings of intense enthusiasm and excitement for something. They are often the inspiration behind an individual's motivation and energy. Passions propel a person to pursue activities, careers, or causes that they find deeply fulfilling and enjoyable. When an educator aligns their life's work or activities with their passions, they are more likely to experience a strong sense of satisfaction and purpose.

Making the Connection

While passions may vary widely among individuals, some common interests consistently rank high for many people. The following is a list of 25 popular passions that people may identify with. Circle the top five activities that reflect your passions. Describe how each of these five passions connects to your values.

Passions	Values Connection
Animal Care: Spending time with animals or engaging in activities such as bird-watching.	
Art and Drawing: Painting, sketching, and other visual arts.	
Astrology and Astronomy: Studying the stars through science and/or myth.	
Cinema and Movies: Watching and studying films.	
Collecting: Gathering collectibles ranging from stamps and coins to vintage items.	
Cooking and Baking: Creating new recipes and sharing meals with others.	
Dancing: Enjoying different styles of dance, either as an observer or participant.	
DIY Projects: Tackling home improvement tasks or creative crafts.	
Environmental Conservation: Advocating for and working on environmental issues.	
Fitness and Health: Engaging in physical activities and maintaining a healthy lifestyle.	
Gaming: Playing video games, board games, or mobile games.	



Passions

Values Connection

Gardening: Cultivating plants and enjoying the outdoors.

History and Archaeology: Exploring past civilizations and historical events.

Learning Languages: Discovering new languages and cultures.

Music: Playing, listening, and exploring different music styles.

Photography: Capturing moments and artistic expression through photos.

Reading: Losing oneself in books of various genres.

Sports: Participating in or following various sports.

Teaching: Sharing your knowledge with others.

Technology and Gadgets: Keeping up with the latest tech trends and innovations.

Theater and Performing Arts: Participating in or watching performances.

Traveling: Exploring new cultures, landscapes, and experiences.

Volunteering: Dedicating time to community service and helping others.

Writing: Crafting stories, poetry, or articles.

Yoga and Meditation: Engaging in mindfulness and physical well-being.

Additional passions:

Do you notice any common threads connecting your passions? What would you like to explore to further expand your passions?

