PASSIONS PULSE: PERSONAL PASSIONS AUDIT

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.

Reflect on Your Passions

In the chart below, list aspects of your job as an educator that give you energy and those that drain you.

Energy	Drain

- What would you choose to do if you had an eighth day in the week designated for a passion project?

- How are your passions influenced by your values?