



THE PASSION TEST

 **BE GREAT**
GLOBAL

DON'T OVERTHINK IT!

Write Your Top 3 **PASSIONS**

1

When I was a child,
I dreamed of

2

I can't pass up a
book/movie/
tv show about

10

If I won first prize in
a talent show, it
would be for

9

The closest I come
to a runner's high is
when I'm

3

If I took off work for
a week, I'd spend the
time

8

I've tried it only
once or twice, but I
really enjoy

4

Most people don't
know this about
me, but I really
enjoy

7

If I were to make a
homemade gift, it
would involve

6

If I could star in my
own how-to TV
show, it would be
about

5

I am the go-to
person when my
friends need help
with

Note: This exercise was created by Janet Bray Attwood and Chris Attwood, coauthors of *The Passion Test: The Effortless Path to Discovering Your Life Purpose* (Plume).



THE PASSION TEST

INSTRUCTIONS:

NARROW DOWN YOUR TOP 3 PASSIONS

Ask yourself, if I had to choose between the first activity (1) and the second (2), which is more appealing to me? If you get stuck, close your eyes and envision a life in which the first activity plays a major role and the second doesn't exist. Now envision a life in which the second activity plays a major role and the first doesn't exist. Which image feels better? Once you have your answer, put your finger on the winner and compare that choice with the third activity.

Repeat this exercise all the way around the loop, moving your finger to the winning activity after each comparison; when you complete the loop, your finger will be on your number one passion. Write that activity at the top of the list above, and draw an "X" over the activity in the loop. Now repeat this process two more times (always starting from the top), and each time, skip the X-ed out activities.

Once you have completed the process a total of three times, you should have your top 3 passions written above. Hold on to that and let's move to the next segment of the discovering your Zone of GREATNESS – Superpower!

EXAMPLES OF PASSIONS:

For review, a few examples of passions are as follows:

For your convenience, I created a small video that walks you through this activity:

<https://begreatglobal.com/extras>

- | | | |
|--|--|---|
| <ul style="list-style-type: none">• Acting• Astronomy / Science• Collecting items• Computer Programming• Cooking / Food• Creating Stories• Crocheting• Dancing• Driving / Racing• Empowering People• Enjoying Life• Exercising• Families and Relationships• Fishing• Gardening• Going to the Movies | <ul style="list-style-type: none">• Health & Wellness• Helping / Playing with Animals• Helping/Working with Youth• Helping/Working with Elders• Investing• Knitting• Making Jewelry• Ministering to People• Money / Economics• Painting / Sculpting• Playing Instruments• Playing or Watching Sports• Photography• Praying / Interceding• Radio / TV Producing | <ul style="list-style-type: none">• Raising My Children• Reading• Scrapbooking• Sewing• Shopping• Singing• Skydiving• Supporting Domestic Abuse Victims• Swimming• Teaching• Traveling• Vehicle Restoration• Writing• Other: |
|--|--|---|

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