



Self-Growth Journey

Heart

Body

Life

Mind

Creating the Amazing Life That You Deserve

This worksheet is a part of the
Self-Growth Journey™ Program.

To read more about the program or to
download the full package, visit:

<https://iulianionescu.com/self-growth-journey/>



Instructions

1. Ask yourself the following questions:
 - A. **What activities make you lose track of time?**
 - B. **What is something you'd read 1000 books on?**
 - C. **What is something you could talk about for hours with excitement?**
 - D. **What did you love to do as a child?**
 - E. **If money was no issue, what would you do with your time?**
 - F. **What excites you the most?**
 - G. **What problem would you like to solve?**
2. For each question, write as many answers as possible.
3. Locate, circle, and connect those answers that are common to most questions or those that make you light up.
4. Rank and document your top 5 passions. Provide a description of what they mean to you.

***Note:** There is no hard rule about how many things you should be passionate about. It could be zero or a thousand. It's up to you.*



Passion Brainstorm

Q	Answers (write as many as you can for each question)
A	
B	
C	
D	
E	
F	
G	



Top 5 Passions

	Passion Description / What does it mean for you?
1	
2	
3	
4	
5	