



Mother Gaia's Wellness

Your Guide through Change

www.mothersgaias.com

Wellness@MotherGaias.com

720-939-2531

PERSONAL INTEREST AWARENESS WORKSHEET

Identifying what interests you on a personal level can help you understand what you are passionate about. The things you do that motivate you and make you feel useful, helpful, and fulfilled.

Complete these statements to help determine your personal interests:

I am happiest when I am:

My idea of a perfect day:

Five things I enjoy doing, in order of most enjoyable, 1 being most:

1.

2.

3.

4.

5.

Three things I do every day:

1.

2.

3.

I am most passionate about:

Issues or causes I care deeply about:

If I had a latent talent or ability, I would:

If I could choose any job, it would be:

Answer these questions.

What are 3 activities that you love to do the most?

How often do you do them?

If you want do them more often, what prevents you?

What specific changes do you need to make to do the things you love more often?
