

# Find Your Thing

## A Passion Discovery Worksheet

Use this simple worksheet to spark clarity, uncover hidden passions, and spot income ideas already inside you.

### What Lights Me Up?

Ask:

- What topics or ideas could I talk about for hours?
- What do people come to me for help or advice on?
- What kind of content do I consume nonstop?
- What did I love doing as a kid before life got “serious”?

### What Do I Want More Of (and Less Of)?

More Please:

- Energy when I wake up
- Work that feels meaningful
- Income that’s aligned
- Freedom in my schedule
- Creativity or self-expression

Goodbye Forever:

- Burnout
- Comparing myself to others
- Feeling unclear or behind
- Hustling with no joy
- Work that drains me

### Who Is My Person?

- Who do I feel drawn to serve or support?
- What part of my journey might help someone else?
- If I had to give a TED Talk tomorrow, what would it be about?
- What is their Age:
- Life season:
- What they’re struggling with:
- What they secretly dream of:
- What I could help them with: