

The Passion Bull's Eye



7.1

This exercise explores the causes, ideals, and themes that you are passionate about. Use the questions below to identify them, then place each one on the Bull's Eye with the strongest Passions toward the center. We're looking for ideals here, so if you think of an activity you love (like windsurfing), try to name the underlying passion (fitness, being outdoors). Think of passions within each of the *Life Wheel Categories* (8.2) to get a balanced view.

- What *causes* have I invested in long term? Where have I volunteered or contributed over the years, because I cared deeply about the cause?
- What are my *soapbox issues*? These are the issues and ideas I talk about all the time, argue over with people, get animated or upset about.
- What *needs* tug at my heart? What's the need I can't keep myself from meeting?
- What in my life brings my *emotions* to the surface? What do I see or think of that gets me choked up or compels me to take action?
- What am I most excited and joyful about in life? Most grieved over?

