



What do you like to do? List as many things as possible.

How can these things help make a positive change in the world?



Here is a list of prompting questions that can help you explore your passions, values, and interests:

- 1. What activities make you lose track of time?**
- 2. What subjects or topics do you enjoy learning about the most?**
- 3. What are your natural talents or skills?**
- 4. What do you feel deeply passionate about?**
- 5. What issues or causes in the world do you care about?**
- 6. What activities or hobbies bring you joy and fulfillment?**
- 7. What problems or challenges do you want to help solve?**
- 8. What are your favorite books, movies, or stories, and why do they resonate with you?**
- 9. What are your proudest achievements or moments in your life so far, and what made them special?**
- 10. What do you envision yourself doing in the future that excites you?**
- 11. What kind of impact or difference do you want to make in the lives of others?**
- 12. What values and principles are most important to you?**
- 13. Who are your role models, and what qualities do you admire in them?**
- 14. What are your strengths and how can you use them to benefit others?**
- 15. What activities or interests make you feel confident and empowered?**