

Strengths

Our goal is to uncover the core “why” of our passion. This exercise may just be a beginning of the process. We might need to try things out to see if we’re passionate about it.

[illegible]

Heartbreak

What breaks your heart when you hear about it, see it or even just think about it? What do you feel deeply for?

Examples:

- People dying of easily curable diseases
- Not enough resources in classrooms
- Child sex trafficking
- Homelessness

[illegible]

Limited Time

If you knew you only had one year left to live on this earth, what would you pour your life into?

Examples:

- Reconcile with family or friends
- Leave a message for your children
- Give money to a person or organization
- Write a book so people after you can learn about something you believe is important

[illegible]

Look for Themes

Write 5 answers to the following question. (Don't worry about your answers being spot on right now. This is a process of exploration.)

“What would make my heart sing?”

[illegible]

Look through your answers above. Do you see any themes among them? What do they have in common?

Examples:

An age group like kids or seniors

A social issue like education

An area like leadership

[illegible]

Ask “Why?”

Just as we do in using the Burrito Principle, we search for your core *Why*. To get to the core *Why*, we need to ask ourselves, “Why?” Then we need to ask “Why?” Then we need to ask “Why?” Then we need to ask ... you get the idea.

Example:

- “I’d like to give out food to homeless kids.”
- Why? “well, I’d like to help kids.”
- Why? “I often had to miss school to take care of things at home. I missed out on opportunities because of this.”
- Core Why/Passion: “I am passionate about kids having opportunities.”

What do you think you might want to do?

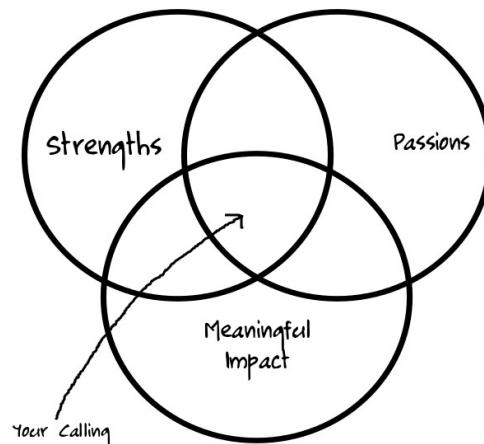
Why?

Why?

Why?

What’s at the core? What are you really passionate about?

Time to Dream



Your calling is where your strengths, passions and a meaningful impact overlap.

Spend some time looking over all your answers above from your strengths to your core why. Journal on some ideas of how you might combine your strengths and passions to impact peoples' lives in a way that's positive, focused, recognizable, and long-lasting.

[illegible]

