



Passion First

Explore Your Interest: Exercise

Life Planning Exercise 6 – My Interests Inventory

It is very important to leverage our interests in building our dreams. When we're interested in something, we do it more often and with more energy. This enables us to improve and become great at whatever the interest is. And when we become great at something, we become unique, which is a valuable part of creating happiness, meaning, and success in our lives.

Ask yourself what you would do for free. What are the things you currently do with your spare time? Do you play music? Do you read or write? Do you have a hobby like collecting something? What are you doing when you feel the best? Identify as many interests as possible. Continue looking more deeply into who you are and expand this list over time. Never stop exploring your interests.

In the list below, we have provided various interests that people have built on to lead extraordinary lives. This is just a sample and there are many more. Identify and highlight some that apply to you and around which you think you could build your dreams. Use the spaces to add other interests you have that are not listed.

Interests Inventory

Reading	Learning	Musical Instrument	Outdoors
Dancing	Singing	Painting	Building Things
Sculpting	Crafts	Drawing	Journaling
Sports	Politics	Money	Gardening
Economics	Science	Human Nature	Socializing
Performing Arts	Animals	Children	Magic
Elderly	The Environment	Collecting Something	Playing Games
Poetry	Adventure	Extreme Sports	World Affairs
Exercising	Computers	Gaming	Languages
Social Networking	Fashion	Interior Design	Cultures
Yoga/Meditation	Cooking	Diet and Nutrition	Public Speaking
Knitting/Sewing	Traveling	Photography	Writing