

What are you passionate about?

Do you sometimes feel that your daily routine is holding you back and wonder where your life is actually headed? Values and goals motivate you and help you to stay on track. They make you aware of your priorities and help you to deal with the frustration when something doesn't work out or takes a while to be achieved. Achieving something and living in harmony with your own wants makes you happy, satisfied and improves your self-esteem.

Think of three things you're passionate about. These can be from one or more facets of your life, e.g. your studies, a relationship, your friendships or leisure time.

Examples:

“I want to meet interesting people” or “I want to see the world”

1.

2.

3.
