

Discover Your Deepest Yes

2023 Online Retreat



Session 1: Gifts & Passions



Gifts & Passions Activity



- Put a checkmark next to any list item that you would still do even if you didn't get paid or otherwise acknowledged for it.
- Put a checkmark next to any previously checked activity that would keep inspiring you every day.
- Look only at the activities with 2 check marks, put a checkmark next to any that come as naturally to you as breathing or like you've been given a special gift to do this, even if you haven't yet mastered it.
- Look only at the activities with 3 check marks, circle any of them where time seems to fly by when you're engaged in it.

Gifts & Passions Activity



- Make a list of the ones that are circled. This is your passion short list.
- Look at your short list and see if you can spot synergies or patterns among them. Look for the verbs present. Write them down.
- Take the patterns, synergies or verbs in your short list that you found and decrease that list to your top three primary passions.

Ex: Teach, speak, write.

- Now, put them in order. These are your primary gifts and passions.
- Type your top 3 in the chat.