# Identifying Your Passions

These are some of the items on Letitia’s list:

Winning a debate

Dancing

E-Mail

Politics

Chocolate

The Lakers

Social justice

Movies that make me cry

Red Shoes

Long walks

*The Star-Spangled Banner*

Writing

**Complete the following statements. Don’t be frustrated if you can’t do it immediately, but start being aware of these feelings. As more ideas occur to you in the next weeks, turn back to this page and add them to your lists. You will continue to discover new passions throughout your life.**

My heart pounds with excitement when…

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I feel especially good about myself when…

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I get a lump in my throat when…

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I lose track of time whenever I am…

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If I could be any person in history, I would be…

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When I dream about my future, I see myself…

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If I could change one thing about the world, it would be…

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