



Assessing Passions & Dreams

(from page 132/133 of the book)

To help identify passions, respond to:

1. I feel excited and energized when _____.
2. I feel angry and upset when _____.
3. I'm fascinated by _____.
4. I'm drawn to magazines and books about _____.

To help identify dreams:

First, dig up your youthful dreams...

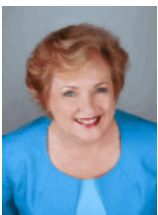
5. When I was a little girl, I wished I could _____.
6. I especially loved _____.
7. As a teenager, I pictured myself _____.

Then recall your "responsible" years...

8. I used to enjoy _____, but I had to give it up because _____.
9. Despite my responsibilities, I was still able to _____.
10. I put _____ on the back burner.

Now, as a woman over fifty...

11. If money were no object, I'd _____.
12. People would think I'm crazy, but I'd like to _____.
13. If I just had the time, I'd _____.
14. If I knew I were to die next week, I would most regret _____.
15. I want to be remembered for _____.



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