



# **Mother Jai's LLC**

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## PERSONAL INTEREST AWARENESS WORKSHEET

Identifying what interests you on a personal level can help you understand what you are passionate about. The things you do that motivate you and make you feel useful, helpful, and fulfilled.

**Complete these statements to help determine your personal interests:**

## **I am happiest when I am:**

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## **My idea of a perfect day:**

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## **Five things I enjoy doing, in order of most enjoyable, 1 being most:**

- 1.
- 2.
- 3.
- 4.
- 5.

### **Three things I do every day:**

- 1.
- 2.
- 3.

### **I am most passionate about:**

## **Issues or causes I care deeply about:**

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### **If I had a latent talent or ability, I would:**

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## **If I could choose any job, it would be:**

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### **Answer these questions.**

## **What are 3 activities that you love to do the most?**

## **How often do you do them?**

**If you want do them more often, what prevents you?**

## **What specific changes do you need to make to do the things you love more often?**