



Mother Jai's Wellness
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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:

My idea of a perfect day:

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.
