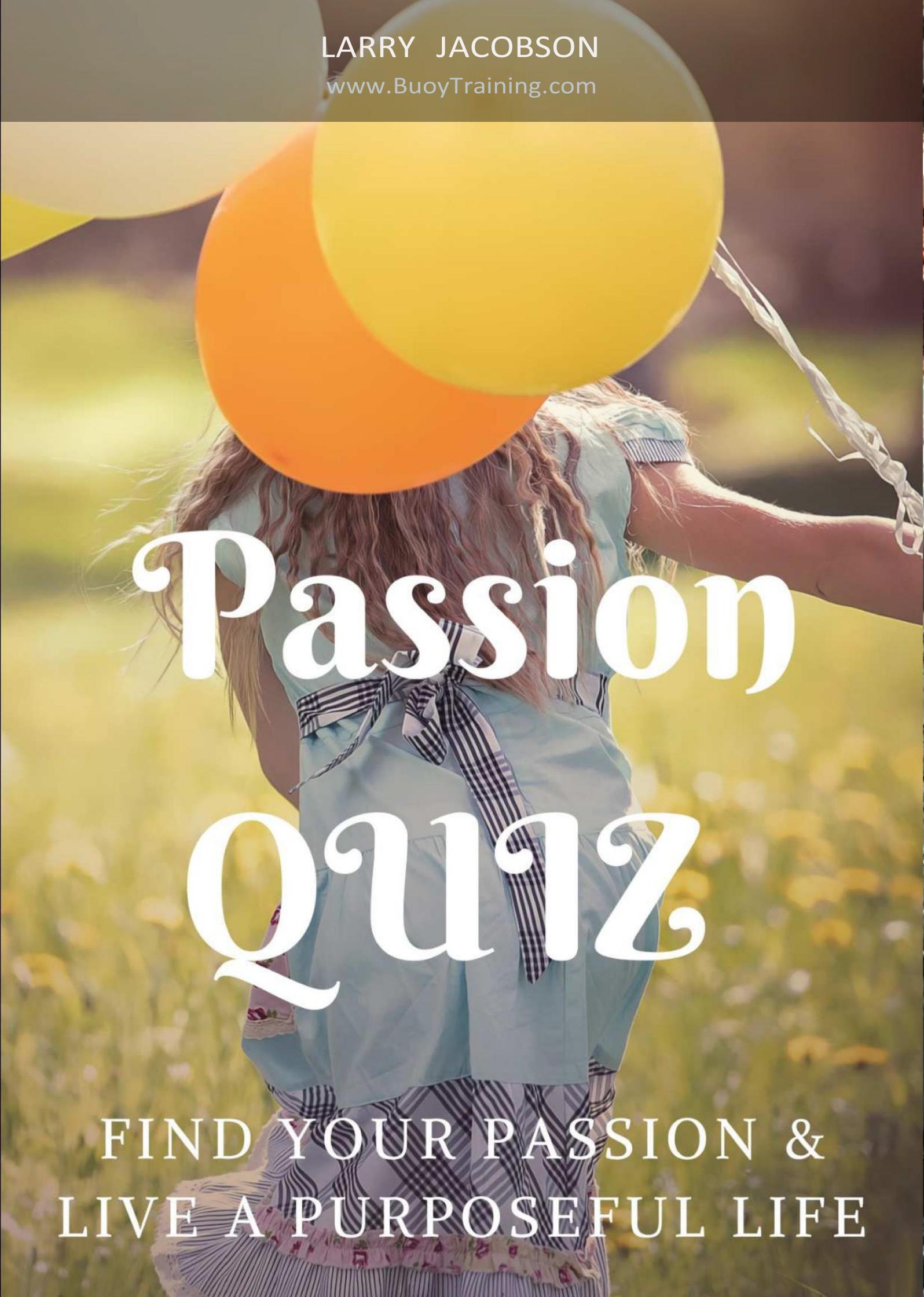


LARRY JACOBSON

www.BuoyTraining.com



Passion Quiz

FIND YOUR PASSION &
LIVE A PURPOSEFUL LIFE

Find Your Passion

Too many people spend years without purpose, slowly inching meaninglessly through life and wonder, “Is this all there is?” Not you though, and for that, CONGRATULATIONS!

Since you are reading this, it means you are in search of a (more) Purposeful Life. You want to find your passion and live a meaningful life – a life where you are excited to jump out of bed every day and get out there and truly live.

These questions are designed to help you clarify what you love, what you are passionate about, and help you create a life of purpose.

Take all the time you need, but don't over-think the questions. The answers should come from your gut, from your brain's right side, the emotional part. Answer them without restraint. Be bold with your answers. Let go of cold logic and practicality for a few minutes. Instead, think about emotions like happiness, satisfaction, purpose, fulfillment, joy, and pride.

READY... SET...

GO

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1. What makes you smile?
2. What makes you leap out of bed in the morning (without coffee)?
3. We all find ourselves in moments when we feel most alive - almost invincible. What activity, or activities, make you feel like that?
4. What do people thank you for most often?
5. On what subject(s) do people (often) ask you for advice?
6. What are you really good at doing? What are your precious gifts?
* Make sure to include the gifts or strengths that come naturally to you - some of which you might even take for granted (skills, knowledge of a specific topic, great public speaking skills, great listener, etc.)

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7. Who do you look up to? Who do you see as your mentors? Who inspires you? Why?

8. When was the last time you over-delivered on something... and did so joyfully? What was it, and why did you work so hard to make it happen?

9. When was the last time you were in a state of flow, in the zone, and totally lost track of time? What were you doing?

10. Imagine you won a huge fortune in the lottery. How would you spend the rest of your life? Would it be different than how you currently see your future unfolding?

11. What would you do if you knew you could not fail?

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12. What topics do you find yourself passionately arguing or defending with others on a regular basis?

13. What are you most afraid of for the next generation (whether you have kids or not)?

14. What do you love helping people with? How do you most commonly help others?

15. What's your favorite section in the bookstore? What's the first magazine you pick up at the newsstand?

16. When was the last time you couldn't fall asleep because you were so excited about a project or event? What was it?

17. If you trusted that your art, writing, singing (your creativity) would support your life financially, how would you live? Richly, sparsely, where? What would you do (paint, sing, etc.)?

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18. If you didn't need to work for income, where would you put your time and energy to contribute to society?

19. Of all the work roles you've had in your life, what would you gladly do for free?

20. If you were able to attend your own funeral, what would you want to hear people say about you? What would you like your epitaph to say?

21. What do you want to be remembered for - what mark do you want to have put on the world?

22. What do your friends always tell you you'd be good at, that you should do for a living (i.e. "You'd make a great...")? If you don't remember, ask them.

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23. What are you naturally curious about?
24. When you have a free hour to surf the Internet, what do you explore?
25. Think back to when you were 5 or 10 years old. What did you want to be when you grew up? What skills and metaphors do these represent?
(i.e. "becoming a pilot" might represent freedom and exploration)
26. If you could write a book to help the world – a book guaranteed to become a best-seller - what would the topic be and what would you title it?
27. What careers do you dream about? What jobs do others have that you wish were yours?

28. If you were to begin volunteering your time tomorrow, what cause or group would you choose?

29. What change do you want to see in the world? What revolution would you be proud to lead?

Let's Put it All Together

As you answered the questions, did you notice any patterns, similar responses, repeated words, themes, and direction? Jot down your Number 1 Answer for each of the areas below.

Look back through your answers, and specifically look for common threads and answers that “jump out at you” – perhaps even give you an “A-ha! Moment.” Are there any answers which repeat and show up in all five questions below a), b), c), d), and e?

a) What recurring “theme” do you notice about your Top Desires? (WHAT YOU WANT)
(See questions #: 7, 15, 20, 21, 26)

Jot down your top answer/s here: _____

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b) What is the one thing you've always wanted, but perhaps did not (fully) make happen? (WHAT YOU LIKE)

(See questions #: 2, 20, 21, 23, 24)

Jot down your top answer/s here: _____

c) What are you really good at? (See questions #: 4, 5, 6, 8, 14, 22) (WHAT YOU HAVE)

Jot down your top answer/s here: _____

d) What makes your heart race? What drives you? What are the TOP 2 to 3 of these that you'd REALLY LOVE to spend your time with in the future? (WHAT YOU LIKE)

(See questions #: 1, 3, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 26, 27, 28, 29)

Jot down your top answer/s here: _____

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e) What successes have you had in the past? (WHAT YOU HAVE)
(See questions #: 4, 6, 8, 9, 14, 16, 19, 22)

Jot down your top answer/s here: _____

NEXT, take your Top Answers from each area and plug them into

THE FORMULA FOR YOUR PASSION

a) + b) + c) + d) + e) = Your Passion

Put a special emphasis on Section d)

My Passion is: _____

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Now, based on your passion, let's create a clear VISION – a direction you'd like to see your life moving towards.

Based on this, let's start working on your vision statement.

For example, if your top “desire” is to *feel free – perhaps travel a lot*; and your top “wants, goals, and dreams” is to *write a book on a topic that's close to your heart*; and *speak regularly in front of large crowds...* then your vision statement could be:

I'll spend the next years of my life traveling, hiking, climbing as many mountains as I can; and spend at least an hour a day writing my book about my travels...

Even before the book is done, I'll volunteer to speak at conferences and events... and will contact organizations that will be willing to pay for my presentations.

NOTE: This is YOUR Vision Statement – it does not have to be pretty – it simply has to state what you'd love your life to look like during the many years you still have to walk this earth!

Write Your VISION STATEMENT here:

For Those in Transition:

From Career to Retirement

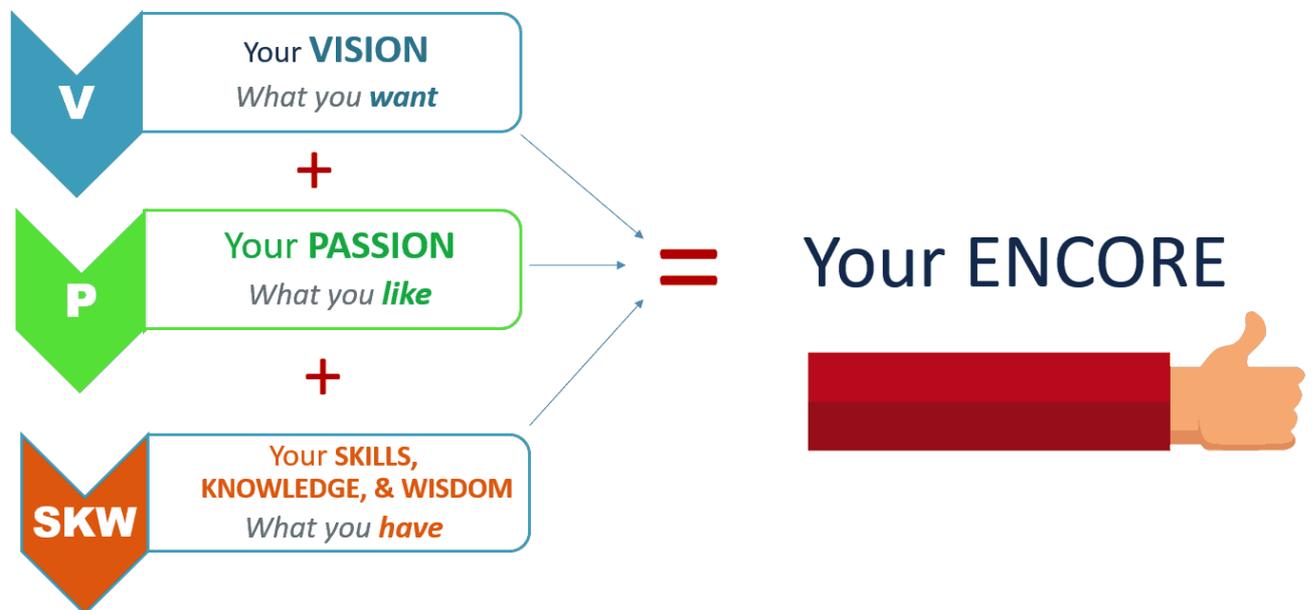
From One Career to Another

Use this Formula to:

FIND YOUR ENCORE

Once you have a clear Vision, know your top Passions, and pinpointed your top Skills, you now have the power to create your “Grand Encore” – a plan for how you’ll live a Purposeful & Passion-filled retirement, or shift to a new more rewarding career.

The Formula to Find Your Encore



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Now that you are clear about your Encore, and have a clear vision on how you want to spend the next few decades of your life, my challenge to you is to:

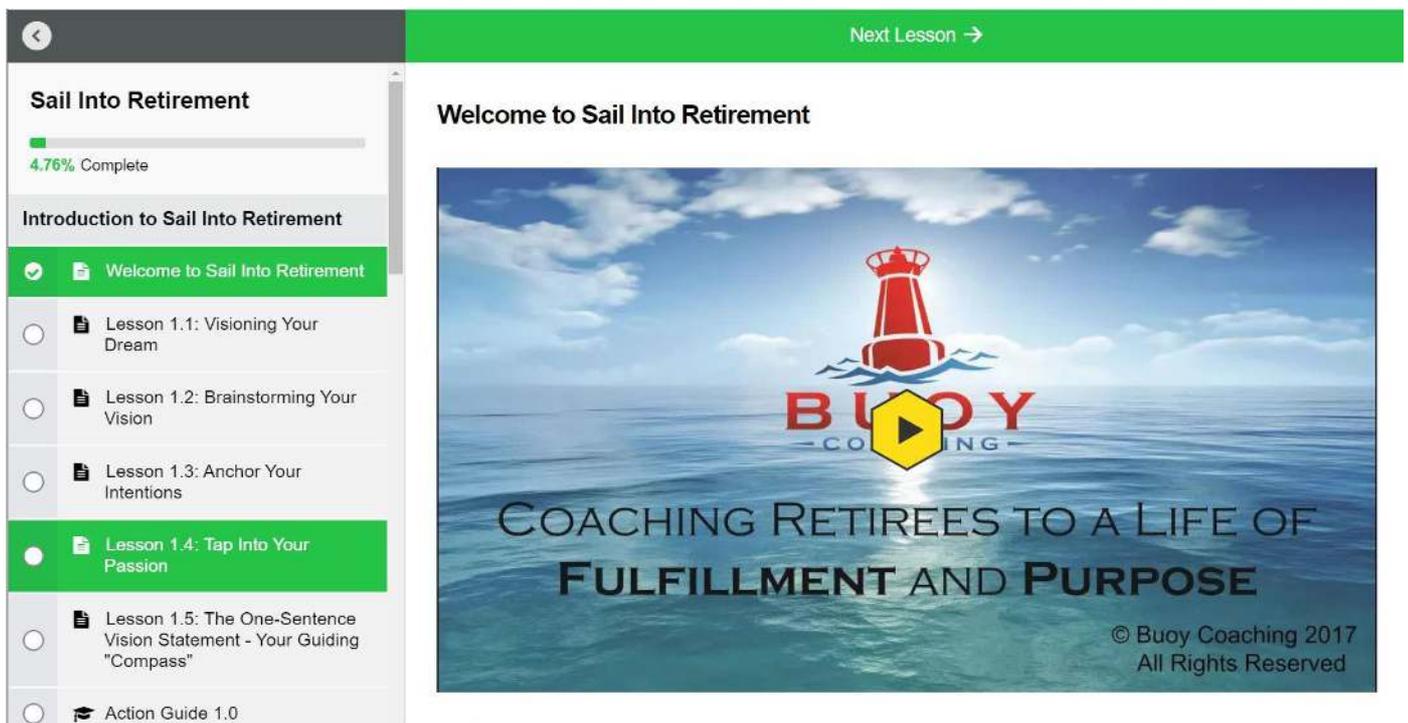
- COMMIT to transforming your vision into reality.
- PLAN –jot down small implementable steps that'll take you towards your vision.
- DECIDE to take DAILY ACTION towards your vision!
- JOIN LIKE-MINDED PEOPLE – It's easier to make it happen, if you do it together with others who are walking the same exploratory path.
- ASK FOR HELP when you need it. Remember that others love to help too; there are people who have the answers you are seeking. Give them a chance to mentor and support you.
- GET AN ACCOUNTABILITY PARTNER or COACH – Share with someone what you are up to and enlist them to hold you accountable. If you are truly committed, hire a personal coach to hold you accountable. Coaches help you stay motivated and overcome real or perceived obstacles standing in your way. [Click HERE](#) if you'd like help from an Accountability Coach.



Get the Help You Need to FIND YOUR PASSION & LIVE A PURPOSEFUL LIFE

If you would like guidance to help you unearth your true passion and start living a purposeful life, there are options available to you:

1. Go through the Sail Into Retirement – Award-Winning Video Course!
The course is not just for retirees, but anyone going through transition.



Explore Larry Jacobson's [Self-Guided Video Course](#) to help you Plan and Live a Purposeful Life. Visit www.BuoyTraining.com for complete details!

NOT JUST FOR RETIREES

[SAIL INTO RETIREMENT](#) is not just for retirees, as it's designed to help anyone:

- **Looking for Meaning or Purpose** for their life
- **In transition**, wanting to adjust and flourish in the new environment
- **Looking for their calling**
- **Approaching retirement age**, and wanting a smooth transition

[Click HERE](#) to read the complete details!

2. Get a Personal Coach to Support You

If after completing the Passion Quiz, if you still can't clearly see your passion, you may wish to have some assistance. It's not unusual to be stuck and it's my job to get you unstuck.

I'm confident I can help you dig deep to reveal what drives you so you can make your next act in life your best yet. Contact me [HERE](#) and apply for a free 30-minute one-on-one Passion Discovery session. There's no catch and I'm confident I can provide you with some valuable guidance right there on that free call.

Should you wish to discuss VIP Personal Coaching, please [contact me HERE](#). During our coaching sessions, we "dig deep" and put a lot of time, effort, and thought into helping you get the results you seek.

Here's to living with passion!



Larry Jacobson

Your Chief Retirement Navigator
Retirement Lifestyle-Planning Coach

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