



# PASSION & FEARS EXERCISE

**Passions:**

**What feeds your battery? When you are using this skill you often lose track of time because you can do it all day as it gives you energy.**

**Fears:**

**What holds you back? What do you need to feel safe?**

**Reasoning:**

**Most likely It will take several iterations to get to the root. Don't stop at your first list. Keep going, ask yourself why 5 times.**

## Passions

Example: I get energized when I organize things, such as in my house.

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## Fears

Example: I fear that I will not be able to pay my bills each month without a stable job

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