

INSTRUCTIONS

START: Spend a few minutes to consider the open-ended phrases on these pages. Then write your simple, honest responses in the circles. If you feel your responses missed the mark the first time, repeat the test until it feels right. You might find your responses varying greatly (from Zumba dancing to reading autobiographies to rock climbing, for example), and that's OK; just complete the phrase as honestly as you can.

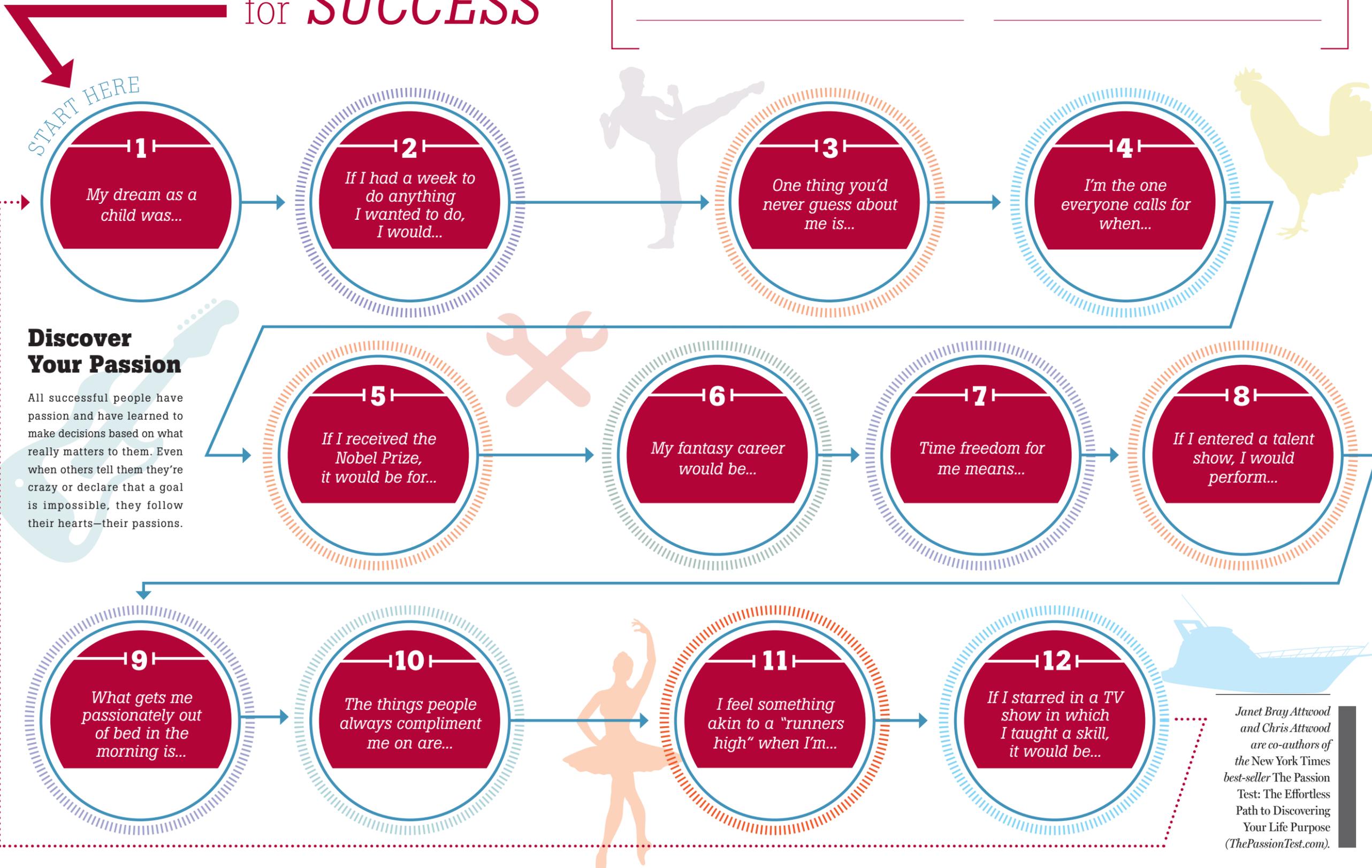
REFINE: Now you'll trim your list to the top five activities that will make your life fulfilling. Begin with your first completed Phrase 1 and compare it with your response for your completed Phrase 2. If you could have one or the other, which would you choose? (If it's not clear, close your eyes and imagine you're living Phrase 1 full-out and Phrase 2 is nonexistent. Then imagine you're living Phrase 2 full-out and 1 is absent. Which feels better?)

Put your finger on the circle you choose and continue to 3; repeat the process through the last circle (you'll probably need to use both hands). Wherever your finger ends up after that last circle is your No. 1 passion. Write that one in the first blank line at the top of the opposite page and draw an X through that circle. Now repeat the process four times, always skipping the marked-out circles as you compare your responses in each circle, and write down the last one in the blank lines.

You've just discovered your top five passions.

The **PASSION TEST** for *SUCCESS*

My top passions are:



Discover Your Passion

All successful people have passion and have learned to make decisions based on what really matters to them. Even when others tell them they're crazy or declare that a goal is impossible, they follow their hearts—their passions.

Janet Bray Attwood and Chris Attwood are co-authors of the New York Times best-seller *The Passion Test: The Effortless Path to Discovering Your Life Purpose* (ThePassionTest.com).