

Summer Wellness Challenge



Exploring Purpose

Identifying Passions

List 3 places that make you happy:

1. _____ 2. _____ 3. _____

Flashback to ages 5 – 8 (Kindergarten – 3rd grade), what did you do just for the sheer love of doing it?

What do you read/listen to aside from music most (books, blogs, podcasts, articles, etc.)?

What do people typically ask for your help in?

If you had to teach something, what would you choose to teach?

You are given \$100. What would you do with it?

What activities make you lose track of time?

What are your top 3 passions?

1. _____ 2. _____ 3. _____