

A Map to Passion

"Passion for your work is a little bit of discovery, followed by a lot of development, and then a lifetime of deepening." - Angela Duckworth

Passion is developed after finding and recognizing something that that you enjoy doing. Use this activity to reflect on your past, present, and future!

The Past

List any & all activities, classes, jobs, hobbies, etc., that you've enjoyed in the past:

What drew you to these activities?

Would you participate in the again? Why or why not?

The Present

List three(+) things you do now that you enjoy and that make you feel confident.

What do you enjoy about these activities?

What skills do you use or develop during these activities?

The Future

List any common traits that you see in your past and present experiences:

What are some ways you can continue to explore these interests while at UCF?

What are some areas of study/careers that relate to the skills & experiences, you've enjoyed?