



## Take the Passion Challenge Strengths and Passion Activity

Make a list of 25 activities that you really enjoy doing. Challenge yourself – it might be knitting, swimming, chatting with friends, hosting parties, dancing, singing Abba songs. It doesn't matter if you do them regularly – in fact, it doesn't matter if you've only ever done them once but loved it and have been craving another go! You are looking for things where you feel or felt completely in your flow, where time passes so fast, you have no idea where it went, where you catch yourself smiling.

I know 25 feels like a lot, but there's a reason for it! The first few will be relatively easy. The next few will feel a bit harder but will come to you. It's when you really delve deep into those last few that the hidden gems often sneak out.

Once you have your list, go through them in pairs, starting from the top. In each pair, choose the one you enjoy the most. Continue through the list until you are left with your top 13. Then start at the beginning and do it again, selecting one from the first 2 and so on.

When you have your top 5, stop and reflect. Do they seem like things you're really passionate about? That you enjoy doing?

Try to build some time into your week/month/year for these things. They will give you an energy buzz and will help you deal with challenging times, just like our Passion Box activities do with the kids.

Now you're ready for the Passion Challenge!

