

THE CAREER LOVER QUESTIONNAIRE

This questionnaire is designed to help you understand your passions and talents. Simply follow the exercises and the instructions given. Please refer to the online article '**Discover Your Passion - Life Is Too Short For The Wrong Job**' (<http://lawrencecheok.com/223/now-discover-your-passion.html>) for more detailed guidance.

1) Discover Your Passions - Your Dream Lifestyle Exercise

Imagine what your dream lifestyle will be like - what if you have all the money and resources in the world and you can do whatever job you want to do. Write down 15 things that you will enjoy doing for a career.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____
- 11 _____
- 12 _____
- 13 _____
- 14 _____

Some clues to your passions:

- Work that you find meaningful.
- Tasks that get you in the 'zone'.
- Things that get you excited.
- The things that you'll do on a perfect day.

Some pointers:

- Focus on what you want, not what you don't want.
- Don't worry about 'how' to achieve that (yet).
- Don't assume that what you love is what everyone else will love.
- There is no right or wrong answer.
- Follow your heart.

Some sample passions to help you along:

- *I like to meet new people at work everyday.*
- *I like to be left alone and have the privacy to focus on learning.*
- *I love to have the freedom to manage my own working hours.*
- *I love to be able to take care of children and the needy.*
- *I am a world-renowned surgeon/journalist/chef/writer etc...*
- *I like to be able to travel to many different countries.*
- *I am living in the moment each day.*
- *I want to work with a dynamic and professional team which supports and complement each other.*
- *I want to serve an international audience.*
- *I like to be with my family everyday.*
- *I love the challenge of growing a startup into a successful business.*

Tips To Improve Your Career, Relationships and Money

- *I like to share my knowledge with the next generation.*
- *I want to have a multi-million dollar enterprise.*

2) Your Top 5 Passions - Rank Your Passions Exercise

- a) Take the passion at the top of your dream lifestyle list and compare it to the next on the list.
- b) Between the two, choose one. You can only choose one of the two.
- c) Take the one that you chose and compare it with the rest of your passions, one by one, through the whole list.
- d) By the end of your first pass through the list, you will have your top passion - the one that is more important than any other passions on the list. Write it down below as the No. 1 passion.
- e) Repeat the process with other passions on the list until you have your No. 2 to No. 5 passions.

Name: _____

Date: _____

My Top 5 Passions

1 _____

2 _____

3 _____

4 _____

5 _____

3) Discover Your Talents – Guiding Hand Exercise (Part 1)

Based on your own perspective, list down your top 5 strengths/talents:

1 _____

2 _____

3 _____

4 _____

5 _____

Strengths or talents include:

- Potential or aptitude.
- Character or personality traits.
- Knowledge, skills or experiences.

Some clues to your passions:

- Past situations when you were successful.
- Wins in past competitions.
- Things that you learned quickly and/or easily.
- Consistent display of character traits.
- Attributes that lead to consistent display of good work performance.

4) Discover Your Talents – Guiding Hand Exercise (Part 2)

For this part of the Guiding Hand Exercise, request 3 or more friends/family members to help you out. Hand each of them a copy of page 5 and 6 of this questionnaire and follow the instructions below.

This questionnaire is for _____
(write participant's name)

Instructions for friend/family

- a) This is a questionnaire to help your friend/family member identify and understand his/her strengths and talents.
- b) Based on your perspective, list down 5 of his/her most distinctive strengths below.
- c) For each strength, elaborate on a situation where he/she displayed that strength. This is to help him/her understand the strength you see in them.
- d) Refer to the following page for some helping words. Note that you are not limited to these helping words.

	STRENGTHS / TALENTS	EXAMPLES
1		
2		
3		
4		
5		

Strengths or talents include:

- Potential or aptitude.
- Character or personality traits.
- Knowledge, skills or experiences.

Driven	Focused	Flexible
Caring	Principled	Outspoken
Adaptable	Analytical	Organized
Meticulous / Conscientious	Leadership	Assertive
Faith	Strong values	Trustworthy / Responsible
Presence	Humility	Competitive
Fluent communicator	Goal-oriented	Calculative
Empathy	Fairness	Confidence / Self-assured
Business-savvy	Loving	Decisive
Comforting	Vigilant	Private
Wise	Optimistic / positive	Persistent
Eloquent	Disciplined	Emotional
Kind	Futuristic	Dreamer
Harmonious	Down-to-earth	Altruistic
Creative	Inclusive	Philosophical
Inquisitive	Patience	Amicable
Learner	Diligent	Intellectual
Strategic	Excellence	Nurturing
Problem solving	Significance / Recognition	Social / Party animal

5) Discover Your Talents – Guiding Hand Exercise (Part 3)

- a) Review all the strengths listed by all your friends/family members.
- b) For each strength, count the number of times it is voted i.e. highlighted by a friend/family member.
- c) Rank your strengths according to the number of votes, and write them down in the table below. Start with the one with the most votes at the top.
- d) You now have your Talents List.
- e) Lastly, compare your Talents List against your own list of strengths you did in Part 1. This is how much you understand your own talents. The lesser the difference between your Talents List and your own list of perceived strength, the better you know yourself.

	STRENGTHS / TALENTS	VOTES
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		



Tips To Improve Your Career, Relationships and Money

For more information about finding your passions and work that you love, please refer:

- *The Career Lover Series, (<http://lawrencecheok.com/182/i-love-my-job-series.html>)*
- *Discover Your Passion - Life Is Too Short For The Wrong Job, (<http://lawrencecheok.com/223/now-discover-your-passion.html>)*