



Wings for Women

Coaching, Mentoring, & Training for Women in Transition

Passions Discovery Tool

**A Guide to Identify
Your Top 5 Passions**

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Wings for Women

What are your Passions?



Congratulations! You're navigating through a big transition and want to reinvent yourself and create a new future around your passions.

Or you've decided to pursue a career change or a business startup idea that is aligned with your passions.

Do you know what your passions truly are?

When asked point blank, most people don't know. They know what some of their passions are, but they might not be able to list their Top 5. Do you know what your Top 5 Passions are?

This ***Passions Discovery Tool*** provides you with thought-provoking exercises that will help you identify your Top 5 Passions. This will enable you to begin thinking about possible career opportunities, business ideas, or simply a joyful life that you can get really excited about.

Instructions

Schedule at least one hour of quiet time so you can devote your attention to self-reflection and inner exploration.

Complete each of the following 7 sentences by writing at least 5 endings each. TIP: Listen to your heart. Don't over-think your answers.

1) If I had no constraints whatsoever (i.e. financial, geographical, physical, or time constraints), **I would love to be** _____.

(Example: If I had no constraints whatsoever, I would love to be skiing every weekend.)

4) I feel inspired and joyful when I _____.

(Example: I feel inspired and joyful when I play the piano.)

7) People say I'm really good at _____.

(Example: People say I'm really good at interior decorating.)

If you wrote 5 endings to each of the 7 statements, above, you now have a list of 35 passions. Look at each one. Which ones really resonate with you? Think about it overnight, and look at your list again tomorrow.

Then prioritize your list so that you can identify your Top 5 Passions. What do you think?

What would your life be like if you had your own business that aligned with your passions ... a business that is both profitable and fulfilling?

What would it be like if you aligned your LIFE around your passions so that you would experience joy and fulfillment every day?

To get more guidance and support to identify your passions, clarify your goals, and manifest the life you want, sign up for our complimentary, no-obligation, 60-minute Life-After-Divorce Strategy Session by phone so that we can discuss your situation, your desires, find out if and how we can help you, and determine whether we're a good fit to work together.

Go to <http://bit.ly/WFWStrategySession> to apply for a complimentary Life-After-Divorce Strategy Session.

To a joyful life after divorce!

Warmly,

Keiko Hsu



ABOUT THE AUTHOR:

Keiko Hsu, CPC, ACC is Founder of ***Wings for Women*** and a Change Agent and certified Life Coach/Business Coach/ Dream Coach®. Her passion is coaching, mentoring, and inspiring talented, bright women who are navigating through a major life transition. Her special mission is to help women live a joyful life after divorce and to attain new heights in their life, career and relationships.

Keiko's personal experiences in transforming her own life after divorce, plus her expert coaching skills and 20+ years of corporate leadership experience uniquely enable her to help recently divorced executive and professional women who are ready to move on with their lives but aren't sure what they want. She provides them with the clarity, courage, and a step-by-step process to transform their lives.

Keiko is well known for being positive and resilient during challenging situations, seeing the silver lining in the clouds, living life full out, and manifesting her dreams and deepest desires. Her clients say she is courageous, inspiring, focused, accomplished, honest, and very professional.

Keiko is a certified professional coach, Vice President of the San Francisco chapter of the International Coach Federation (ICF), and a graduate of the Institute for Professional Excellence in Coaching (iPEC). She holds a Civil Engineering degree from Duke University and worked as an Engineering Consultant prior to joining GE, where she held a variety of leadership and executive positions. Born in Tokyo, she grew up on U.S. military bases in Okinawa and Japan. She was the first person in her family to immigrate to the United States. She loves to ski, golf, travel, listen to contemporary jazz, and appreciates the beautiful scenery and the diverse culture of San Francisco.