



Wings for Women

Coaching, Mentoring, & Training for Women in Transition

Passions Discovery Guide

**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.

What does the word "passion" mean to you?

The dictionary defines "passion" as any powerful or compelling emotion or feeling, as love or hate. In the context of "living your passions," we're talking about doing things that you absolutely love to do, things that energize you, light you up, and excite you.

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 Guide*** 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.)

2) I felt great about myself when I _____.

(Example: I felt great about myself when I solved Client XYZ's security problem last year.)

3) I get really passionate about certain causes or issues, especially

_____.

(Example: I get really passionate about certain causes, especially women's rights.)

4) I feel inspired and joyful when I _____.

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

5) I get completely absorbed and time passes so quickly when I

_____.

(Example: I get completely absorbed and time passes so quickly when I read great mystery novels.)

6) I light up and get really excited when I talk about _____.

(Example: I light up and get really excited when I talk about my visits to San Francisco.)

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. Fantastic! You did it!

What would your life be like if you had your very own business focused on your passions ... a business that makes money AND makes your heart sing?

What would it be like if you focused 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, I invite you to sign up for a complimentary **Consultation/Life Strategy Session** by phone so that we can discuss your situation, your desires, brainstorm what actions you can take that would have the biggest impact on your quality of life, and determine whether we're a good fit to work together.

Go to <http://bit.ly/WFW-Consultation-Request> and fill out a brief online form.

This one phone call will help you get clarity and inspiration about your hopes and dreams. There is no obligation to purchase our services.

To a joyful life!



Keiko Hsu, CPC, ACC

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ABOUT THE AUTHOR:

Keiko Hsu, CPC, ACC is an award-winning certified Life Coach, Business and Executive Coach, Life-After-Divorce Mentor, and Founder of **Wings for Women**[®]. Her passion is coaching, mentoring, inspiring busy, career-focused women who are ready to move on after a life-shaking transition such as divorce or career change, and helping them to find their wings, reach new heights in their life, career and relationships, and live a joyful life.

Her personal experiences in transforming her own life after divorce and career change, plus her expert coaching skills and 20+ years of corporate leadership experience, uniquely enable Keiko to serve women who are navigating through life-after-divorce, life-after-corporate, or a major career shift. Her clients get clarity, courage and confidence from her wisdom and her 5-step **WINGS** process that transforms 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.

An inspiring radio talk show host, Keiko's **Wings for Women**[®] Radio Show is accessible at <http://WingsForWomenRadio.net> and on iTunes. It features interviews of women who are thriving after divorce.

Keiko won the 2012 and 2013 San Francisco Awards for Life Coaching. She is the Co-Chair for the Western Region (U.S./Canada) of the International Coach Federation (ICF). She was a board member of ICF San Francisco Bay Area for four years and was the President in 2012. She is a certified Dream Coach[®] and a graduate of the Institute for Professional Excellence in Coaching (iPEC). She is a former executive with General Electric Company, where she held various sales, marketing, and leadership positions and led numerous strategic corporate initiatives during her 28 year GE career. She holds a Civil Engineering degree from Duke University.

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 appreciate beautiful scenery in her recently adopted city of San Francisco.