**What Did You Want To Be When You Grow Up**

**BACKGROUND**

* The significance of simple passions, dreams, and hobbies from childhood is often underestimated. These early interests can sometimes reveal unique aspects of oneself. They may contribute to joy, fulfilment, clarity, and happiness.
* Our podcast discusses not necessarily pursuing all childhood dreams but rather incorporating some into one's current life. This tool provides a framework for identifying childhood passions and dreams to foster self-connection and authenticity

**When I Grow Up Passions and Dreams**

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| What Did You Want To Be When Grow Up?  1.  2.  3.  4.  5. |
| Think back to your Childhood, what were you doing when you were most happy? What were your favorite Hobbies?  1.  2.  3.  4.  5. |
| What Were Your Childhood Passions and Dreams?  1.  2.  3.  4.  5. |

**Your Passions and Dreams Action Plan**

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| What Childhood Passions, Dreams and Hobbies are you Going to Stop Pursuing?  1.  2.  3.  4.  5. |
| What Childhood Passions, Dreams and Hobbies are you Going to Continue Pursuing?  1.  2.  3.  4.  5. |
| What Childhood Passions and Dreams are you Going to Start Pursuing? The New Passions, Dreams and Hobbies Incorporated into your Current Life?  1.  2.  3.  4.  5. |

**What Did You Want To Be When You Grow Up**

**What Did You Want To Be When You Grow Up**