

THE PASSION VERBS DISCOVERY EXERCISE

Approximate Time: 15–45 minutes

1. Go through the list of verbs quickly. Don't overthink, just fill in the circle next to all verbs that generate the most excitement, energy, and enthusiasm for you, up to 20 or 30, or even more.
2. Go through your list again, a bit more slowly. This time, narrow your list to those which are important/meaningful by putting an X over the filled in circle.
3. Go through your list one last time. This time, refine your list of important verbs down to the top five most important. Circle your top five words.
4. Write your top five words below, in order of importance, with number one being the most important.

Top 5 Passion Verbs

1. _____ 3. _____
2. _____ 4. _____
5. _____

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|------------------------------------|-------------------------------------|-----------------------------------|----------------------------------|
| ☐ Accomplish | ☐ Bestow | ☐ Confirm | ☐ Diagnose |
| ☐ Account | ☐ Bookkeeping | ☐ Connect | ☐ Direct |
| ☐ Achieve | ☐ Brighten | ☐ Consider | ☐ Discover |
| ☐ Acquire | ☐ Broadcast | ☐ Construct | ☐ Discuss |
| ☐ Act | ☐ Budget | ☐ Consult | ☐ Display |
| ☐ Adapt | ☐ Build | ☐ Contact | ☐ Distribute |
| ☐ Administrate | ☐ Calculate | ☐ Continue | ☐ Draft |
| ☐ Adopt | ☐ Call | ☐ Control | ☐ Dramatize |
| ☐ Advance | ☐ Categorize | ☐ Converse | ☐ Draw |
| ☐ Advertise | ☐ Cause | ☐ Coordinate | ☐ Dream |
| ☐ Advise | ☐ Choose | ☐ Counsel | ☐ Drive |
| ☐ Affect | ☐ Claim | ☐ Craft | ☐ Edit |
| ☐ Affirm | ☐ Classify | ☐ Create | ☐ Educate |
| ☐ Alleviate | ☐ Coach | ☐ Dance | ☐ Elect |
| ☐ Amplify | ☐ Collect | ☐ Debate | ☐ Embrace |
| ☐ Analyze | ☐ Color | ☐ Decide | ☐ Empathize |
| ☐ Appraise | ☐ Combine | ☐ Decorate | ☐ Empower |
| ☐ Appreciate | ☐ Command | ☐ Defend | ☐ Encourage |
| ☐ Arbitrate | ☐ Communicate | ☐ Define | ☐ Endow |
| ☐ Arrange | ☐ Compel | ☐ Delegate | ☐ Enforce |
| ☐ Ascend | ☐ Compete | ☐ Delight | ☐ Engage |
| ☐ Ascertain | ☐ Complete | ☐ Deliver | ☐ Engineer |
| ☐ Assess | ☐ Compliment | ☐ Demonstrate | ☐ Enhance |
| ☐ Associate | ☐ Compose | ☐ Design | ☐ Enlighten |
| ☐ Attain | ☐ Compute | ☐ Detail | ☐ Enlist |
| ☐ Attend | ☐ Conceive | ☐ Determine | ☐ Enliven |
| ☐ Audit | ☐ Conceptualize | ☐ Develop | ☐ Entertain |
| ☐ Believe | ☐ Conduct | ☐ Devise | ☐ Enthuse |

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|-------------------------------------|-----------------------------------|------------------------------------|-----------------------------------|
| ☐ Establish | ☐ Interpret | ☐ Plan | ☐ Select |
| ☐ Estimate | ☐ Interview | ☐ Play | ☐ Sell |
| ☐ Evaluate | ☐ Invent | ☐ Practice | ☐ Separate |
| ☐ Examine | ☐ Invest | ☐ Praise | ☐ Serve |
| ☐ Excite | ☐ Involve | ☐ Predict | ☐ Setup |
| ☐ Execute | ☐ Judge | ☐ Prepare | ☐ Shape |
| ☐ Expand | ☐ Keep | ☐ Present | ☐ Share |
| ☐ Experiment | ☐ Know | ☐ Print | ☐ Show |
| ☐ Explain | ☐ Labor | ☐ Prioritize | ☐ Sing |
| ☐ Explore | ☐ Landscape | ☐ Process | ☐ Sketch |
| ☐ Express | ☐ Launch | ☐ Produce | ☐ Solve |
| ☐ Extend | ☐ Layout | ☐ Program | ☐ Sort |
| ☐ Facilitate | ☐ Lead | ☐ Project | ☐ Speak |
| ☐ Finance | ☐ Learn | ☐ Promise | ☐ Stand |
| ☐ Fire | ☐ Lecture | ☐ Promote | ☐ Start |
| ☐ Fix | ☐ Lift | ☐ Protect | ☐ Structure |
| ☐ Follow | ☐ Light | ☐ Prove | ☐ Study |
| ☐ Forgive | ☐ Listen | ☐ Provide | ☐ Summarize |
| ☐ Formulate | ☐ Live | ☐ Publicize | ☐ Summon |
| ☐ Foster | ☐ Love | ☐ Purchase | ☐ Supervise |
| ☐ Found | ☐ Maintain | ☐ Pursue | ☐ Supply |
| ☐ Franchise | ☐ Make | ☐ Question | ☐ Support |
| ☐ Fundraise | ☐ Manage | ☐ Read | ☐ Survey |
| ☐ Further | ☐ Manifest | ☐ Realize | ☐ Sustain |
| ☐ Gather | ☐ Manipulate | ☐ Reason | ☐ Synthesize |
| ☐ Generate | ☐ Manufacture | ☐ Reclaim | ☐ Systematize |
| ☐ Give | ☐ Market | ☐ Recommend | ☐ Take risks |
| ☐ Give feedback | ☐ Master | ☐ Reconcile | ☐ Talk |
| ☐ Grant | ☐ Mature | ☐ Record | ☐ Teach |
| ☐ Guide | ☐ Measure | ☐ Recruit | ☐ Team |
| ☐ Head | ☐ Mediate | ☐ Reduce | ☐ Team-build |
| ☐ Heal | ☐ Mentor | ☐ Refine | ☐ Test |
| ☐ Help | ☐ Model | ☐ Reflect | ☐ Testify |
| ☐ Hire | ☐ Mold | ☐ Reform | ☐ Through |
| ☐ Hold | ☐ Monitor | ☐ Rehabilitate | ☐ Touch |
| ☐ Hospitality | ☐ Motivate | ☐ Relate | ☐ Train |
| ☐ Host | ☐ Move | ☐ Release | ☐ Translate |
| ☐ Hypothesize | ☐ Navigate | ☐ Rely | ☐ Treat |
| ☐ Identify | ☐ Negotiate | ☐ Remember | ☐ Tutor |
| ☐ Illuminate | ☐ Nurture | ☐ Remodel | ☐ Understand |
| ☐ Illustrate | ☐ Observe | ☐ Renew | ☐ Unify |
| ☐ Imagine | ☐ Obtain | ☐ Repair | ☐ Upgrade |
| ☐ Implement | ☐ Open | ☐ Report | ☐ Utilize |
| ☐ Improve | ☐ Operate | ☐ Represent | ☐ Validate |
| ☐ Improvise | ☐ Order | ☐ Research | ☐ Value |
| ☐ Increase | ☐ Organize | ☐ Resolve | ☐ Venture |
| ☐ Influence | ☐ Originate | ☐ Resonate | ☐ Verbalize |
| ☐ Inform | ☐ Oversee | ☐ Respect | ☐ Visualize |
| ☐ Initiate | ☐ Paint | ☐ Respond | ☐ Volunteer |
| ☐ Innovate | ☐ Participate | ☐ Restore | ☐ Win |
| ☐ Inspect | ☐ Perceive | ☐ Revise | ☐ Work |
| ☐ Inspire | ☐ Perform | ☐ Safeguard | ☐ Write |
| ☐ Install | ☐ Persuade | ☐ Save | ☐ Yield |
| ☐ Instruct | ☐ Photograph | ☐ Schedule | |
| ☐ Integrate | ☐ Pilot | ☐ Sculpt | |