

The Passion Discovery Workbook

Rediscover curiosity, enjoyment, adventure, creativity, and what makes you feel alive.

RESOURCE 07

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Passion Can Be Rediscovered

Passion does not have to mean one dramatic calling. It can be curiosity, playfulness, enthusiasm, beauty, adventure, mastery, creativity, or simply feeling more alive. Retirement creates room to notice what energizes you now.

This workbook is about exploration, not pressure. You do not need to be talented, productive, or impressive.

1. Follow the Energy

Activities that make time pass quickly

What are you doing when you become absorbed?

Topics you naturally return to

What do you read, watch, discuss, or research without being assigned?

Experiences that make you feel alive

Where, when, and with whom do you feel most energized?

Interests from earlier life

What did you enjoy before career and responsibility took over?

People whose lives intrigue you

What are they doing that attracts you?

2. Separate Passion From Performance

- ☐ I can enjoy an activity without becoming excellent at it.
- ☐ I can be a beginner without judging myself.
- ☐ I can pursue something that has no business value.
- ☐ I can stop an experiment that is not a fit.
- ☐ I can allow my interests to change.

What expectations might prevent me from exploring?

What would I try if no one were evaluating me?

3. Create a Passion Inventory

Creative expression

Ideas, memories, or possibilities:

Movement and adventure

Ideas, memories, or possibilities:

Learning and mastery

Ideas, memories, or possibilities:

Nature and place

Ideas, memories, or possibilities:

Music and culture

Ideas, memories, or possibilities:

Relationships and community

Ideas, memories, or possibilities:

Service and contribution

Ideas, memories, or possibilities:

Play and enjoyment

Ideas, memories, or possibilities:

4. Design Three Small Experiments

Keep each experiment inexpensive, reversible, and short enough to complete within 30 days.

Experiment 1

What will I try?

When and where?

What will I notice: energy, curiosity, connection, or desire to continue?

Experiment 2

What will I try?

When and where?

What will I notice: energy, curiosity, connection, or desire to continue?

Experiment 3

What will I try?

When and where?

What will I notice: energy, curiosity, connection, or desire to continue?

5. Build More Aliveness Into an Ordinary Week

One daily spark:

One weekly experience:

One monthly adventure or learning experience:

One person I want to invite into this:

Your Next Step

Choose one idea from this guide and turn it into a small, time-limited experiment. Clarity often comes from action rather than from waiting until every answer is certain.

The action I will take:

When I will take it:

Ready for a thoughtful conversation about what comes next?
Schedule a complimentary Retirement Discovery Conversation.

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