**Sweet Spot!**

In life, your “Sweet Spot” are those activities that are maximally effective and that provide you with the most value for your effort.  What that value represents is up to you.  For some, it represents a financial return or gain, while for others, it is enough just to do something that you are passionate about.

Your sweet spot is the intersection between your strengths and your passions.  It is the perfect combination of doing what you are good at and what you love.  In order for it to be your “sweet spot”, it needs to be the combination of both.

**Sweet Spot = Your Strengths + Your Passions**

1. What you're good at

2. What you love

3. What serves the world

Tackle each circle one at a time and once all three are complete, find the overlap between the three. Highlight the recurring themes or ideas from the three circles, or find a way to make a combination of elements from all three. Use this 'sweet spot' to identify ways you can bring your current job closer to your sweet spot, or engage in new opportunities.

A diagram of a sweet spot

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