



Your purpose, your passion

What makes for happiness?

Following your passion, feeling a great sense of purpose...

There is nothing to beat it!

So...

If you don't know what your purpose - what your passion - is...

...try this practical exercise. It's fun, *it's invigorating*, **it's empowering!**

Don't skimp - let it take as long as it takes (20 minutes, all day, over a few days whatever). When you're ready...

A passion-finding exercise...

- 1** Take a sheet of paper (or open a Word document on your computer), grab a cup of coffee or tea and put some music on.
- 2** Write down every thought that means something to you, in a word or a short sentence. Write what you love, what inspires you, what you're good at... and keep writing. Let the thoughts and words flow. Get to 150-200 words or more.
- 3** Add your strengths, what you love doing, and your values.
- 4** Keep going until you are suddenly aware of a deep gut feeling.
- 5** Stop writing.
- 6** Go back through your list crossing off the least important things. Get the juices flowing again. You'll either feel a great excitement - or you'll cry, as something resonates causing very strong emotions. (If neither of these happen you haven't done the exercise properly - wait a few days then try again)
- 7** If you need to, start again. Write down:

Every job you've ever had - what did it teach you?
Your life experiences - what have they taught you?
Your hobbies - what are you good at?

- 8 Can you begin to see a pattern running through your list? Imagine a pyramid with your jobs and experiences all leading you to a focus at the top. You have learned all those skills for a reason.
- 9 Be honest:
What is restricting you, making you feel enclosed?
What do you hate or love doing the most?
- 10 Keep asking yourself questions. The act of writing everything down helps you to focus on your strengths and weaknesses, your likes and dislikes. You can begin to identify, and then go with, your own particular flow...
- 11 ...and see it crystallize into specific goals

**It's important to get a passion and purpose ignited.
Your final goals will probably be scary - but very exciting!**

Then remember: - Small steps are believable and therefore achievable

Each small step you take - takes you one step further to where you want to be.

Praise yourself often and enjoy your unique journey which is personal to you

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