



## **Passion and Purpose Exercise – your new path**

Take a large sheet of paper or open a Word document on your computer, grab a drink and maybe put some music on. Relax and let your mind just flow...

Then just write down in one word or short sentence...

What you love doing, your passions, what inspires you, what you are good at... and keep writing.

Now add your personal strengths and your values.... until you get to a stage when you suddenly realise that you have a gut feeling deep inside.

Let the thoughts and words flow. Carry on writing until you get to at least 150-200 words... if not more.

Now stop writing. Go over the list and highlight the important words. Maybe cross off the least important ones.

Get your juices flowing again as you add more words (if you want to)

Can you begin to feel the excitement that this exercise can bring; or it may make you cry?

You may cry from deep emotion when something resonates within you. If you don't have one or other of these strong feelings then you haven't done this exercise properly.

Start all over again by adding...

Every job you have ever had; what were your strengths, what did it teach you?

Your life experiences; what have they taught you?

What type of people do you connect with/inspire you?

**What truly excites you?**

What passion or thoughts won't leave you alone?

Can you begin to see a pattern running through your list? Imagine a pyramid and that your jobs and experiences are all leading you to the focus point at the top. You have learned those skills for a reason.

Now include (separately or on the same list)

What restricts you/makes you feel enclosed?

What do you hate/fear?

What do you see as your challenges ahead?

Why do you feel.....?

How would you feel if nothing changes?

You may like to include (separately) what or whom do you need to let go?

Keep asking yourself questions, (make up your own if need be) so the list can go on and on.....

You may like to make a 2 column list of the 'Pluses & Minuses' or 'Reasons why & why not's'

This may take 20 minutes, or it may take 20+ hours or more, as you may want to keep adding to it until suddenly..... you have your 'Aha' or 'Light-bulb' moment and it all makes beautiful sense!

By writing this all down it gives you a focus on your strengths and weaknesses, likes and dislikes, and you can then begin to recognise maybe a new path as you go with your flow.

It is important to focus and get a passion and purpose ignited; without that it is hard to succeed.

Your goal should scare you a little... but it should excite you at the same time.

A passion might be to accomplish a life-changing experience or a lifelong dream — but a small change could be just as influential and life-changing.

## **Part 2**

Then start creating/writing some simple goals

Also write down what action you can start NOW. Nothing will happen without action.

Get a simple new note book and write every idea that comes to you down as it happens...however silly it might seem as you can cross it off later.

Your new life and your dreams will then start to become reality as the excitement builds. Yes fears will also appear but don't let these take over in your mind because...this is your path— no-one else's. They have their own journey!

And remember... **Small steps are believable and therefore achievable!**

Take your time....Nothing has to be over whelming but you need a belief and trust that you CAN make this happen

Now imagine how you are going to feel – write the benefits down

As you start to enjoy your new journey – start stretching those goals just a little bit more and you will suddenly be amazed at how far you have already come.

There are no limits....it is only us that limit ourselves!