

Finding Your Purpose Through Passion

“The two most important days; the day you are born and the day you find out why.”

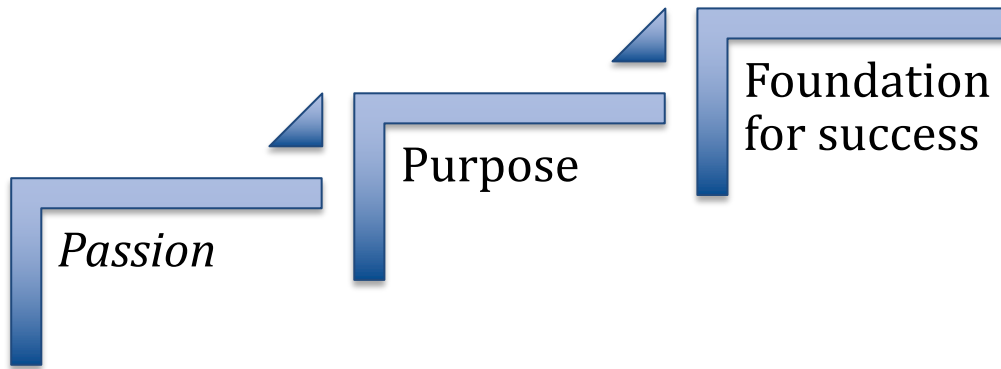
-Mark Twain

Finding purpose is about going through an experience that you've overcome and walked away from that provides a sense of reasoning to your action. Sometimes when an individual goes through something that challenged and changed them, then the individual walks away with valuable knowledge that they can use and pass onto others who could find it beneficial. Of course we're all meant to do something great with our lives on this planet but finding the 'why' is always the challenging obstacle.

Passion has two elements: Knowledge and excitement. When you are passionate about something, there's a level of knowledge that you have simply because you've experienced the topic yourself and when the topic comes to mind, you have an abundance of confident excitement about the topic. In addition, there's also a level of care that comes with being passionate. The key here is to find out why you're so passionate about it, finding your conviction and then combine passion with purpose.

So for example; if you enjoy or are passionate about teaching because you enjoy teaching or sharing knowledge onto others and find satisfaction in the learners expressions, then you can say that you care about improving other people's education. If you're quite passionate about exercising and raising awareness for other people's health, then you can say that my purpose is to improve other people's health because I realize the importance of having good health. It's almost as though you find your passion, combining it with purpose and then using purpose as your foundation for keys of success.

Stepping stones for stages of success

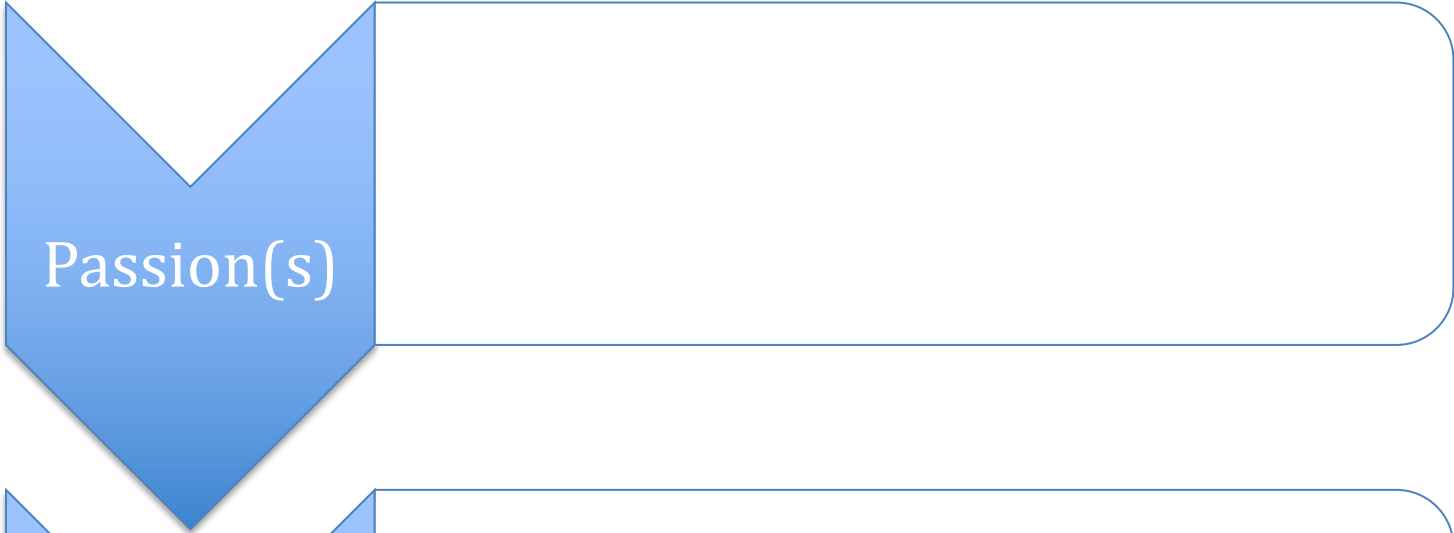


Mindful Speaking

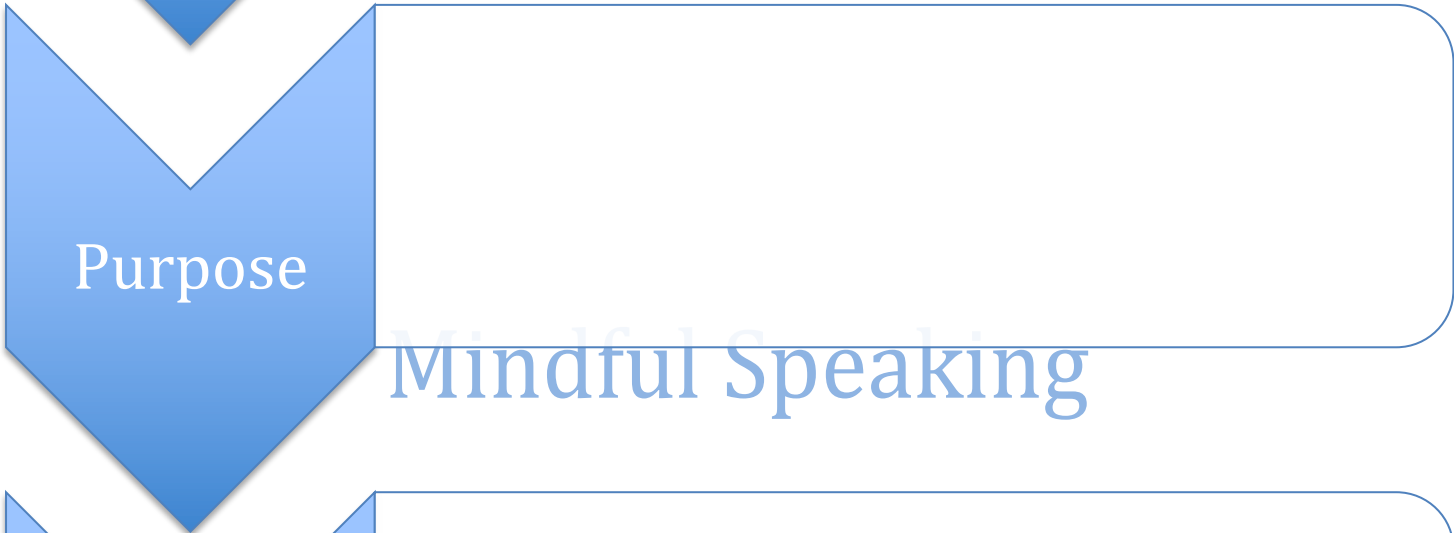
Activity:

So you've realised what are some of the factors to finding out what it means to have passion and use purpose to move forward with reasoning for success. For this activity you're going to write down some of the things that you're most passionate and turn them into things that you'd find to pay off dividends. For example; if you like teaching and are passionate about ways to deal with the mindset, you can turn it into a job that helps people to find ways of dealing with their mind in certain moments. In the section below, find out what are something things that you are passionate about and how can you turn what your passionate about into an opportunity.

Passion(s)

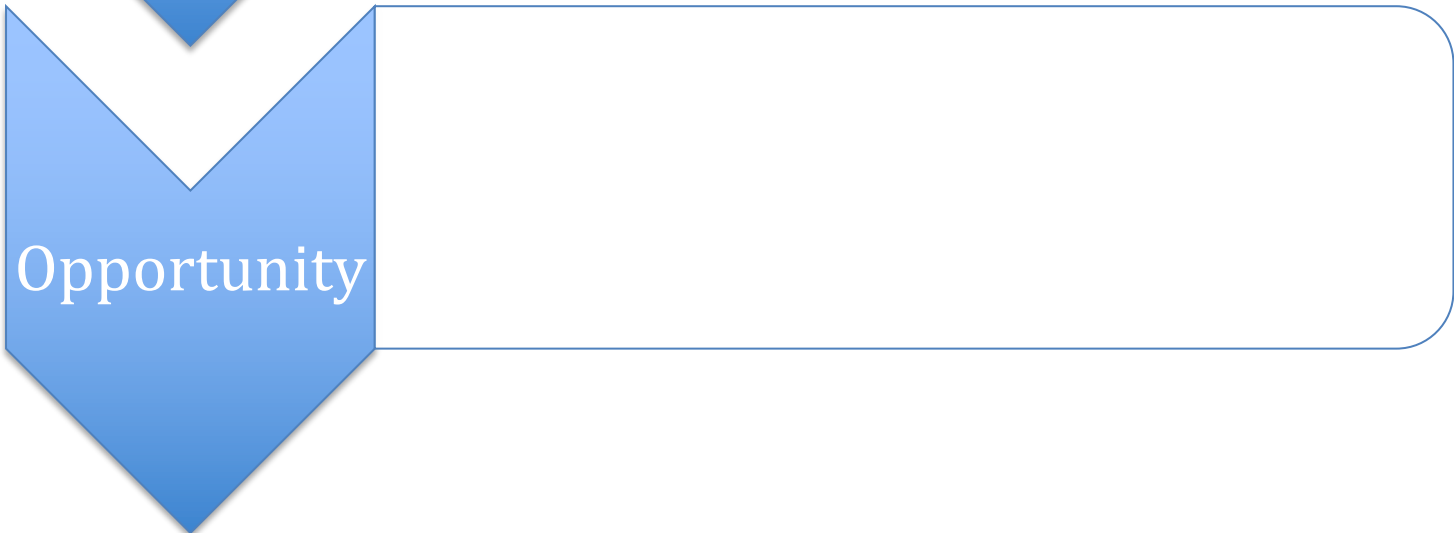


Purpose



Mindful Speaking

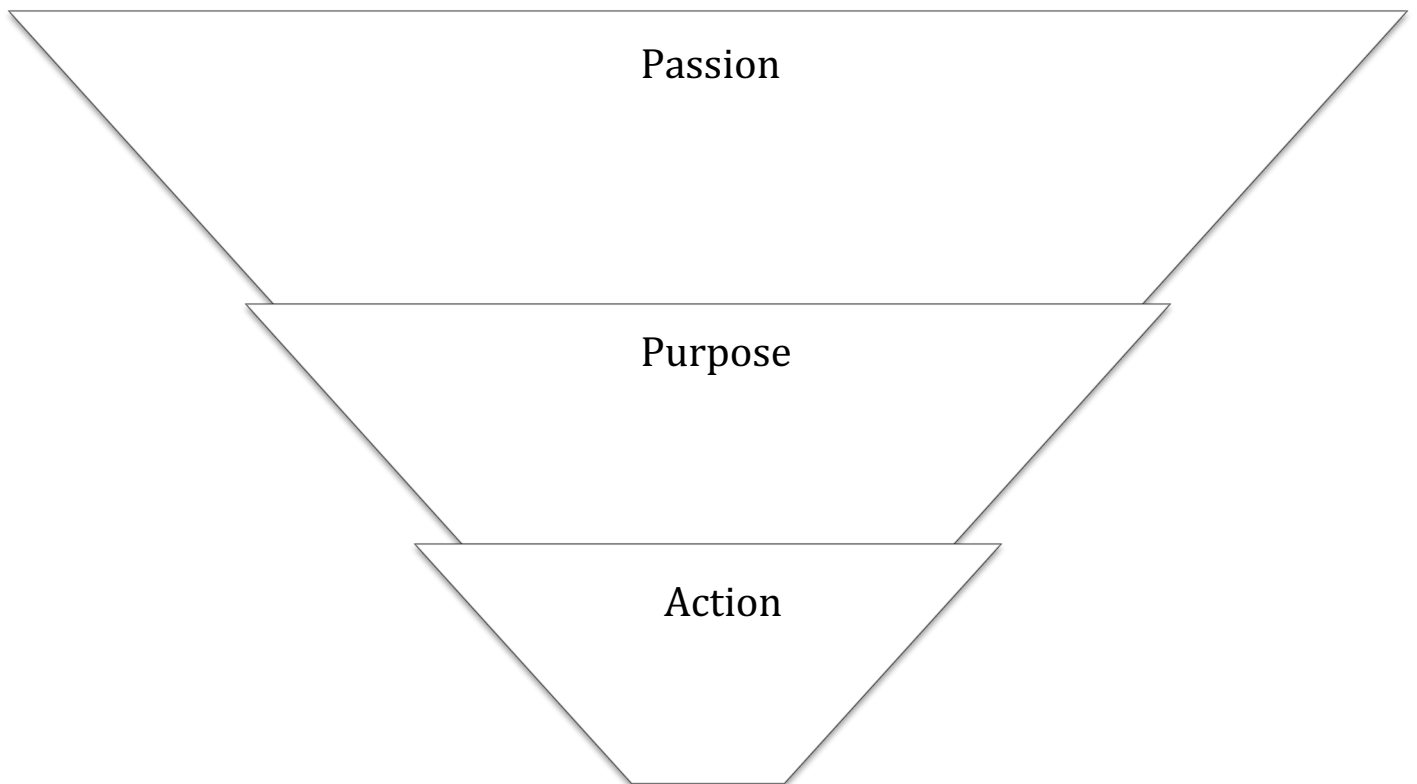
Opportunity



Exercise

So now you've found some passions, realised why you're purpose behind some of your passions and realised what level of opportunity can be created. Next, what we're going to do put all three areas through a funneling process to help you realise what gives you excitement, what makes you feel most alive and whether or not you find yourself actually doing what you feel.

Out of the list above, first pick an area of interest that you feel most driven by. Then fill it out with your purpose (think deeply here) and take a second to see how it makes you feel. You can use as much space as you need but truly think deeply in what it is that you want to get out of life.



What was the outcome?



(Ask if it excites you)

If **yes** then start building and if **no**, then run through the whole process again until you come out with something that you find most passionate and can turn it into a reward.

Until you start putting yourself on a journey to find your passions, then you may never know what your passions are. That's why I believe in the process of funneling so that way it narrows your mind down to the specific instead of focusing on everything. Let's work!!

Thank you

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