

Defining Your Passion

First off, you're almost certainly in one of three categories of people...

- 1) Those who already have a good sense of their passion and will quickly define it
- 2) Those who have so many strong passions, they are not sure where to focus
- 3) Those who really struggle to think of any passion whatsoever.

Good news – you're not alone and I look forward to helping you clarify a great passion.
Let's begin!

STEP 1:

In the video, I offered a few questions to get you started. These questions typically connect to your gifts and talents which often align with your passions. Answer the following:

- I really love to _____.
- Time flies when I'm _____.
- Friends come to me for advice/help regarding _____.

"Find something you love doing, and you'll retire for the rest of your life."

STEP 2:

For those who struggle with finding a passion, often it's because you're looking for the "thing" rather than the "feeling." That is, it may be easier to consider when you felt really happy or really angry and then look at what triggered the emotion. Answer the following:

- What made me really happy was when _____.
- The last time I cried do to joy was _____.
- The last time I observed something that made me angry was _____.
- If you could change one thing in the world (something that angers you or makes you sad), it would be _____.

STEP 3:

A final approach reviews the most often valued areas of life. See what grabs you in the following list and dig into that category for your specific passions. Be careful...DO NOT naturally claim those things that you think you SHOULD care about. Rather, claim what you REALLY DO care about.

- MIND – Do you want there to be more knowledge, clarity, and understanding because you were here? If so, concerning what in particular?
- BODY – Do you want there to be more health, fitness, and strength in the world because you were here? If so, concerning what in particular?
- SPIRIT – Do you want there to be more spirituality in the world, more faith, more compassion, more forgiveness, more love for God because you were here? If so, with what ages, people, or with what parts of human life?
- SENSES – Do you want there to be more beauty in the world because you were here? If so, what entrances you that you'd want to contribute – art, music, photography, painting, clothing, jewelry, etc?
- HEART – Do you want there to be more love, compassion in the world because you were here. If so, love and compassion for whom or for what?
- FREEDOM – Do you want there to be more freedom in the world and more use of freedom in the world through entrepreneurship or other activities because you were here? If so, what kind of freedom and expressed in what ways?
- ENTERTAINMENT – Do you want there to be more fun in the world, more lightening of loads, more laughter or the like because you were here? If so, what particular way of entertaining do you most enjoy?
- PLANET – Do you want there to be more care for the planet, more space exploration, more development in energy solutions, etc because you were here? If so, what specific areas grip you the most?
- FAMILY – Do you want there to be more understanding, more unity, more love and respect amongst families because you were here? If so, in what ways?
- TECHNOLOGY – Do you want there to be improved technology or better or easier use technology because you were here? If so, what areas are most compelling to you?

This is a simple list of ten areas of value. One of these may really stand out to you or another may have come to mind. A key to defining your passions is to clarify those things you value.

The above steps are several different ways to help identify your passions. Attempt to not overthink it. Feel it! If you have too many passions, begin with the one that seems to surface most. Good news—you can change your answer later if you need to. 😊

Live Your PASSION!

Chuck

PS – If you'd like further support with this process feel free to connect with me personally at www.chuckgoetschel.com or send me an email chuck@chuckgoetschel.com.

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