



**FIND YOUR
PASSION**
JOURNAL

EXPLORE THE PASSION

Finding your purpose initially entails exploring things that energize you and make you want to do something to help.
It is important to dig deeper into those interests to determine what the day-to-day reality of that looks like.

Top 3 Interests:

1.

2.

3.

Write the names and phone numbers of several companies or organizations that offer these work possibilities, including entrepreneurs who work from home. If you don't know, ask around until you get some ideas.

1.

2.

3.

4.

5.

6.

EXPLORE THE PASSION

What field interests you the most?
Contact the companies/entrepreneurs on this list until you find three people who are willing to talk to you about their work.
Ask these questions and others that will help you determine what it's really like to work in this field...

CONTACT NAME:

How long have you been doing this work?

What training or education is required to do the work?

Where did you get your training? Do you know of other training opportunities?

How do you spend most of your time?

What are your favorite things about the work?

What are your least favorite things about the work?

If you could change anything about your work, what would it be?

If you could start over, what changes would you make, including your training?

VISUALIZATION EXERCISE

Sit down in a quiet place. Get comfortable and focus on your breathing.

After a couple of minutes, imagine yourself in five years doing what you love to do - fulfilling your purpose. Spend five minutes or more just observing.

Next, answer the questions below after you finish this visualization exercise.

What do you like to do? Are you sitting at a computer? Teaching a class? Doing karate? Participating in a strike? Meditating?

What is going on around you? Is it quiet? Loud? Dark? Still? Are there other people? If so, what are they doing? Are people rowdy? Silent? Laughing? Studying? Take in the environment.

Who/what is there? Are there children? Adults? Couples? Cats? Dogs? Mountains? Rain?

VISUALIZATION EXERCISE

How are you interacting with them? Sitting with them in an audience? Talking one-on-one? Lecturing at a podium? Climbing a mountain? Watching a movie or concert?

Are you at work? A home office? Sitting in your living room in your pjs? Walking a dog? Stroking a cat? Driving a car? Hugging your child? Kissing your spouse?

Pay attention to the details. What else do you notice? Feelings? Smells? Sounds? Sights?
Tastes?

YOUR MISSION STATEMENT

In the space below write a mission statement that includes the following:

Example:

Who You Help: I help middle school kids

End Result: become well-adjusted adults

How: by teaching the core values of self-discipline, respect for others, focus, practice, patience, endurance, and self-care through karate

Why: to build leaders for future generations

Personal Mission Statement:

I help middle school kids become well-adjusted adults by teaching the core values of self-discipline, respect for others, focus, practice, patience, endurance, mastery and self-care through karate to build leaders for future generations.

Tip: Keep it brief and memorable. Your Personal Mission Statement should briefly describe your purpose and your personal call to action for this life in just 1 or 2 sentences.

Who You Help:	
End Result:	
How:	
Why:	

LIFE PURPOSE

Here are some questions to help you identify your purpose in life.
Consider each of these and note your responses.

What are you most proud of having accomplished at this point in your life?

If you were financially able to retire one year from today, what would you begin working on to prepare for that?

If you could solve a world problem, what would it be?

LIFE PURPOSE

What is the inkling you have of your purpose or vision?

If you could do anything you want, what would you most like to do in the next decade?

List three possible life purposes.

1.

2.

3.

WAYS TO DISCOVER YOUR PASSION

Finding your passion and being able to put it into words is important. Only then can you do the things that truly fulfill you.

Try these 25 techniques for finding your passion:

1. Meditate
2. List everything that makes you happy
3. Tune other people out
4. Ask those who know you best
5. Take a class
6. What items interest you when you read?
7. What do you find easy?
8. Avoid letting monetary concerns limit your dreams
9. Talk to people who love the same things you do
10. Walk down memory lane. What did you love as a child?
11. Imagine your perfect day
12. If you only had one wish, what would it be?
13. Make a Passion Board
14. Visualize
15. What would you like to do in your free time?
16. Discover your creativity
17. Ask a friend to read your face as they list many items you might enjoy
18. Think about things you would do for free
19. Get involved in new activities or clubs that you feel might interest you
20. Listen to that small voice inside you to discover your true feelings
21. What gives you endless energy?
22. Do something you love every day
23. Research
24. Practice anything that interests you to discover more talents
25. Never give up

CREATING THE LIFE YOU LOVE

Complete this worksheet to help you apply these self-compassion concepts to your own life. Imagine living your best life and learn how to apply it by thinking about and thoughtfully answering the questions that follow. By continuing this practice, you will find greater feelings of self-love and empowerment.

Clear Out All Areas of Doubt

What is one area of doubt in your life? Write 3- 4 sentences about why you doubt what you do and how you might move forward from it.

How often do you sacrifice your needs for what others want?

Do you frequently apologize for things you do not need to apologize for?

CREATING THE LIFE YOU LOVE

Have you ever been called or referred to yourself as a people pleaser? When?

Do you stop yourself from speaking up for yourself? When?

AVOID OVERTHINKING

What is one regret you would like to fully let go of now?

What will your life look like when you've finally released this regret?

Write down two negative things you frequently say to yourself. Next to those phrases, write positive ones that you can say instead.

EXPLORE COMMUNITY

What is one thing you are excited to try in your community? When are you going to participate in this activity?

What inspires you right now? What makes you feel like you can do anything?
What is your biggest source of inspiration?

PRACTICE MINDFULNESS

How do you feel about sitting with the present moment, without jumping to action? Is this something that is difficult for you? Write 4-5 sentences describing your feelings about tolerating the moment, no matter how frustrating.

What is one mindfulness activity you would like to try? How are you going to make this activity part of your daily life?

Are there entire parts of your days that are unpleasant? Or entire parts of your months? During these unpleasant times, what will you do to remain self-compassionate? How will you remind yourself to keep practicing self-compassion?

LET GO OF WHAT HOLDS YOU BACK

List two resentments that you are ready to let go of now. As you write them down, imagine them disappearing from your heart and leaving love in its place.

What is a boundary you are ready to set? First, write down something you need more or less of in your life. Next, write the boundary that will help you structure your life in a way to get what you need.

HOLD ONTO WHAT MOVES YOU FORWARD

List three of your values below.

1.

2.

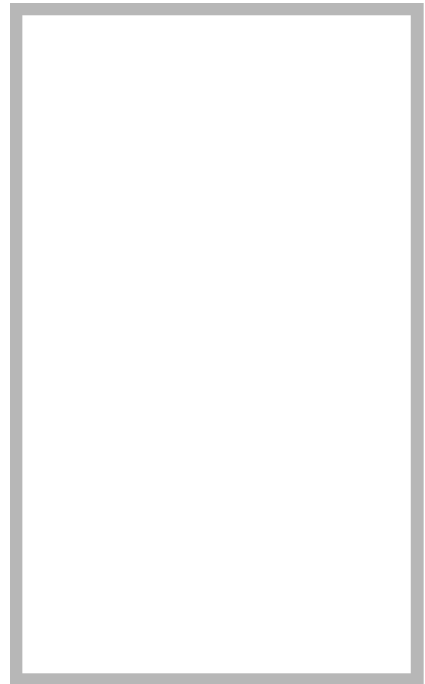
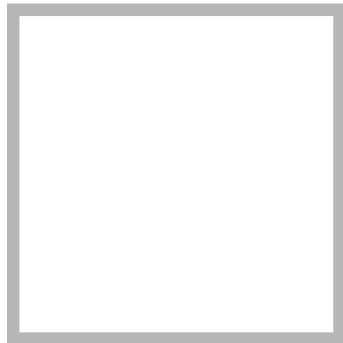
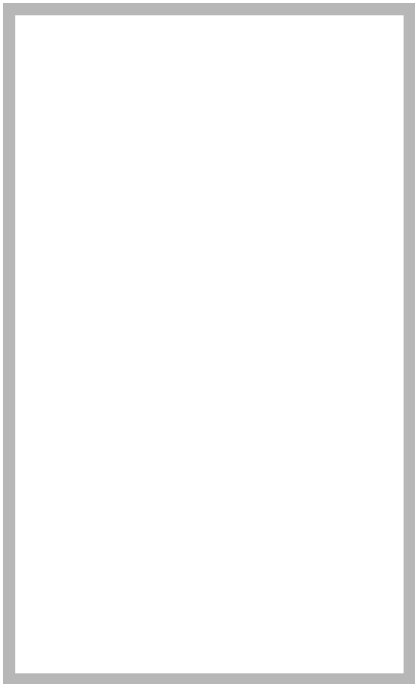
3.

Now, list one action per value that demonstrates each of those values.

What is one way in which you connect with your spirituality, no matter how developed?

Write four sentences below that describe two of your favorite things about yourself.

VISION BOARD



NOTES
