

## Uncovering Your Passions

Ok –here’s a secret. They’re already there. You just need to acknowledge, embrace them and take action on them. So how do you uncover them?

Some of you may have had an "aha" or life changing moment that made you aware of a passion. Others discover their passions through intuition - an internal knowing that this is it. Others come to a gradual awareness through their experiences. Here are 3 methods to uncovering your unique passions.

1. Think about the childhood activities you enjoyed.

This is where the seeds of your passions lie. You were closer to your essential, true self as a child, before society, teachers and parents helped you forget what you truly love. I uncovered my passions through a combination of thinking about my favorite childhood activities and becoming aware of when I am happiest and "juiced" in the present.

2. Look at your current activities. When do you lose track of time? What topics do you naturally gravitate towards when you’re reading a newspaper, browsing a bookstore, choosing movies? What are you doing when you get in the “flow” and lose all track of time? These are important clues to your passions.

3. Imagine your ideal day. Take some time to write this down. Use all your senses. What are you doing when you wake up? What can you see and smell? How do you spend your time? What do you do for lunch? What kind of people are you working with? What kind of environment –indoors, outdoors, traveling? How do you feel at the end of the work day?

Action: Take 30 minutes to think about your childhood activities. Write down what you loved to do. How did you feel? What was it about the activity that excited you?

Then consider where you are today. What do you like about your current work? Dislike? What is pleasing to you in your living and work environments?

Ask others around you if they notice what it is you are doing or talking about when your face really lights up.

Finally take a peek into the future. If you could live an ideal life what would it look like? Who is in it with you? Where do you live? What are you doing for a living?

As you come up with a list of potential passions, begin to experiment with them. Put your toe in the water by doing an activity related to your potential passion. Pay attention. What is it about the activity that excites you? Enjoy yourself as you uncover your passions! Next we’ll talk about common fears that come up when you consider self employment and how to get past them.