

7 KEYS TO DISCOVERING YOUR

passion



Michelle Brown

IT'S TIME



I am so glad that you decided to take advantage of this freebie! At Think Right About You, I help women discover not only their purpose but also their passion. Knowing these 7 keys will help you live a more fulfilling life. It's time to move from mediocrity in any area of your life to magnificence!

I love what I do as a Life Coach because I know I was born to do it. It brings me so much joy! I want to help women just like you become all God has created you to be! I believe doing what you love improves your mental wellness. It's all about supporting your mental well-being at Think Right About You!

Let's unlock your next level of self-awareness with these keys! It's time.

Michelle Brown
Your Trusted Life Coach

MY WHAT

The most common justification I hear for people staying in a dead-end job is “I don’t know what I’m passionate about.”

They see this as a genuine reason for not taking action. So they stay stuck in their current situation, doing work perceived as boring. They wake up dreading the day ahead. Or maybe they have a few hours of fun in between working and sleeping and a couple of days of freedom on the weekends. But passion doesn’t have to be a precious commodity reserved for specific hours of the day. There is a different, more inspiring way to live. And fortunately, the reason most people haven’t found their passion is that they haven’t looked. They feel they don’t deserve to look. I want to encourage you that you are worthy of a more fulfilling life.

Work isn’t supposed to be fun, right? So they never take the time to explore what makes them come alive. Maybe you can relate to this feeling. Perhaps that’s why you’re reading this right now. Maybe you have a sneaking suspicion that you are working in the wrong field or have an entrepreneurial dream. You don’t know where to start, and if you could figure out what you’re passionate about, you might have a chance to test your suspicion.

I’m here to tell you that once you test that assumption (that work has to be a chore), you will have a hard time believing what you find out. Not only is it possible to love the work you do, it’s much easier to make a living that way. But first, we need to find out just exactly what you enjoy.

Most people see this not knowing as a roadblock to success, but this is actually one of the most exciting places you can be. Instead of seeing yourself as hopeless because you don't know what you're passionate about, see yourself surrounded by endless possibilities. In reality, the only limit you have to doing something you love for a living is your imagination (well, there's market demand too, but you can always create a new profession).



So what exactly are these elusive “seven keys”? They are simple and straightforward, and if you follow and practice them, you will find passion is within waiting to ignite by your initiative.

Wait no more! Here are the seven steps to finding your passion, and setting yourself up for success.



1# GIVE YOURSELF PERMISSION TO BE PASSIONATE

You may not think that this step is important, but it is absolutely critical. For the longest time I did not pursue doing what I loved for a living, because I didn't think that I deserved to be passionate about my work.

I thought that, sure, maybe other people can be passionate about what they do, but there's only so much room in the world for people doing what they love. "Someone has to grind it out and do the tedious work."

Guess what? Everyone has the right to be passionate about what they do for a living. Everyone deserves to wake up excited about their lives. That is your birthright.



So the first key is to give yourself permission to be passionate about the work that you do. And besides, haven't you ever thought that you're in a much better position to help others when you actually care about the work you do? What is meaningful to you matters. It is on your heart because you have the ability to make a unique impact in that area.



This picture you have is ultimately a picture of yourself. This is because how you feel about others is a reflection of how you feel about yourself. If you want to be a person that resonates, accepts and deserves being passionate about your work, it's your job to modify this mental picture. The more your identity is aligned with a person that feels good about being passionate, the easier it will be for you to find passion and fulfillment in the work you do.

DO THIS

A great exercise for examining your beliefs around this is to look at how you view others that are passionate about their work. Take out a sheet of paper or open your text editor. Now write down all the beliefs you have about people that you think are incredibly passionate about their work.

What positive beliefs do you have about them? What are the negative beliefs you have about them? Which of these beliefs are assumptions?

Do you believe there is enough room and opportunity for you to do what you love? Can there ever be too many bakeries, hairstylists, authors, or accountants, to name a few? I think not! There is room for everyone.

2# ALLOW YOURSELF TO EXPLORE



Most people think that they need to find their One True Passion. Anything else is just not worth it; it's all or nothing. But when you have an "all or nothing" mindset, you miss out on all the other opportunities for living passionately that are available to you. Here's how it is: Within fulfillment and enjoyment of your work there is a spectrum of possibility.



On one end the spectrum is work that you completely despise. Move in the direction of the work that makes you come alive. When pursuing doing what you love for a living, you may first find an option of doing something you like doing, then that might lead you to something you love doing, that feels like a dream and not like work at all.



The more accustomed you get to moving in the direction of work that makes you come alive, the better you'll be at filtering out all the stuff that doesn't excite you.

Realize that you might first need to grow accustomed to liking your work before you start loving it. Do you often find yourself saying that you are happy more times than not? If you've spent a long time with an attitude of dread toward work, this will be especially applicable for you.

3# TAKE A LOOK AT WHAT YOU'RE ALREADY DOING

Often, there are many opportunities for doing what we love right under our noses; we just haven't noticed it yet. Sometimes this is because we don't think we could make a living out of it. Or it might just be because it never occurred to us that we found it so fascinating. After all, it always seemed so natural.



Here are a few questions to get yourself started:

- What do you often find yourself searching for on Google and researching for hours?
- Does a certain topic intrigue you just thinking about it?
- What do you have excitement learning more about?
- What do you find yourself talking about for hours to the point of losing track of time?
- When you enter a bookstore, which section do you naturally gravitate toward?

4# ASK YOURSELF A POWERFUL QUESTION

The truth is, most people have never even given themselves enough time to figure out what they are really passionate about. That kind of time is simply not a priority. Other things tend to take precedence, like laundry and dentist appointments and watching television sitcoms and comparing cell phone features online.

Everything else seems to take the front seat when it comes to life, everything other than exploring what makes you really come alive. If you're going to have any hope at figuring out what it is that really makes you tick, you'll need to spend some time actually thinking about it. If you can't make that a priority, close this document now. It's not worth finishing. Still here? Awesome. I'm glad that you decided discovering your passion is a priority. Nothing else will have a greater impact on the quality of your life.

So here's what you need to do: open up a text-editor on your computer, or take out a notebook and answer these questions:

- What would I do even if I didn't get paid to do it?
- What gifts do I have that I would like to make available to the world?
- When is a time in my life that I have felt the most creative?
 - What is incredibly easy to me?
- What would I do if I got paid to exist?
- What lessons do you teach others by virtue of who you are?

These questions will jump start your subconscious mind. The important point is that you answer each question without thinking too much about it. Just allow yourself to write whatever comes to your mind. Let a link form between your subconscious and your fingertips. Don't censor yourself at this point. You can always remove the really ridiculous stuff later. Now what do you see? What patterns are showing up in your answers?



5# YOU MIGHT HAVE TO CREATE IT



Realize that you may have a passion for doing something that doesn't yet exist. Computer programmers have been creating software for people that didn't know they needed it, until they created it. You might have to create your own profession, or your own job, through a hybrid of different fields. Don't limit yourself to conventional, template-like work paths.

Also, look for opportunities where you can fill a gap, where a need is not being adequately met in a specific industry. Jitterbug did this with creating a more simple cell phone that seniors could easily use. Pay attention to the gaps you see in your everyday life. What would be helpful for you that is not yet in existence?



6# TEST IT!

There are many ways you can get a taste of your potential career, before you delve into a four year degree or thousands of dollars on seminars and information products. Here are a few possibilities for testing your passion:

- Take an adult education class at your local community college on your potential interest. This is a really cheap, fairly quick way to figure out if you have enough passion in that particular area.
- Buy a couple of books on the subject, and see how long you can read about it before you lose interest. If you're still hungry after the first few books, it's probably sustainable.
- Find someone who's already doing what you want to do, and interview them.
- Do a search on google, find someone in that field, send them an email and ask if they would mind answering a few short questions. Most people are more than happy to do this, and actually find it very flattering.

Once you've got some experience, now is the time to really test it. Try creating a test product or service that you can offer to others for free. Do this for a few weeks or months; if you haven't lost interest, you know there's a possibility for long-term fulfillment, and it's not just a fleeting fancy.

7# LOOK FOR FULFILLMENT, NOT HAPPINESS

Instead of
asking “What
makes me
happy?”, ask
“What makes
me feel
fulfilled?”

A lot of people waste a lot of time trying to find a career that will truly make them happy. But the problem with this is that happiness is such a vague concept. You can be happy eating ice cream, or happy riding on a Ferris wheel. Those things might give you temporary enjoyment, but they really don't get down to the core of it. You can be “happy” without being fulfilled.



You can do things that you won't necessarily feel happy about doing before you do it. But when you're done, you feel fulfilled or it can be the opposite. You can be totally excited about it, but not really comfortable that you're doing it. If you want to wake up excited and passionate about your life, you have to choose fulfillment over comfort.



Sometimes that may be choosing work where you won't be famous, rule the world, or become extremely rich. What matters, though, is that what you're doing aligns with your values. If you value fame more than contribution, maybe you'll be more fulfilled as a reality TV celebrity (just don't expect people to remember you for very long). But if you value relationships, community, and making a positive impact, you will probably be fulfilled in a more meaningful pursuit.



Before you choose to undertake a new endeavor, think about whether it makes you really feel fulfilled or not. Is it just something you find cool and interesting, or does thinking about doing it make you feel like you'd be making a difference? That's where true passion and charisma comes from... Making a difference to others.



NOW, MAKE IT HAPPEN



After you've found out what your passion is, it's time to start living it. Immerse yourself in passionate, deliberate action, instead of perpetual toe-dipping. Now that you've discovered your passion, the only question is... How can you set this world on fire with it?

WHAT'S NEXT?

ARE YOU READY? THIS IS WHERE I CAN HELP YOU. ONE OF THE AREAS I SPECIALIZE IN AS A LIFE COACH IS HELPING WOMEN DEVELOP THEIR PASSION AND MAXIMIZE THEIR POTENTIAL TO LIVE ON PURPOSE. TOGETHER, WE WORK ON YOUR GOALS TO MAKE YOUR VISION A REALITY.

TAKE ADVANTAGE OF A FREE CONSULTATION WITH ME SO YOU CAN TAKE THE NEXT STEPS!
EMAIL ME AT MICHELLE@THINKRIGHTABOUTYOU.COM

WHY NOT NOW? WHY NOT YOU?

OTHERS ARE WAITING
ON WHAT YOU HAVE TO
OFFER!

Let's get started.