

Simple Life Strategies

100% successful living

Finding Your Passion

“your time is limited. Don’t waste it living someone else’s life”

Like I did, 5 years ago, lean into the future and ask yourself this question:

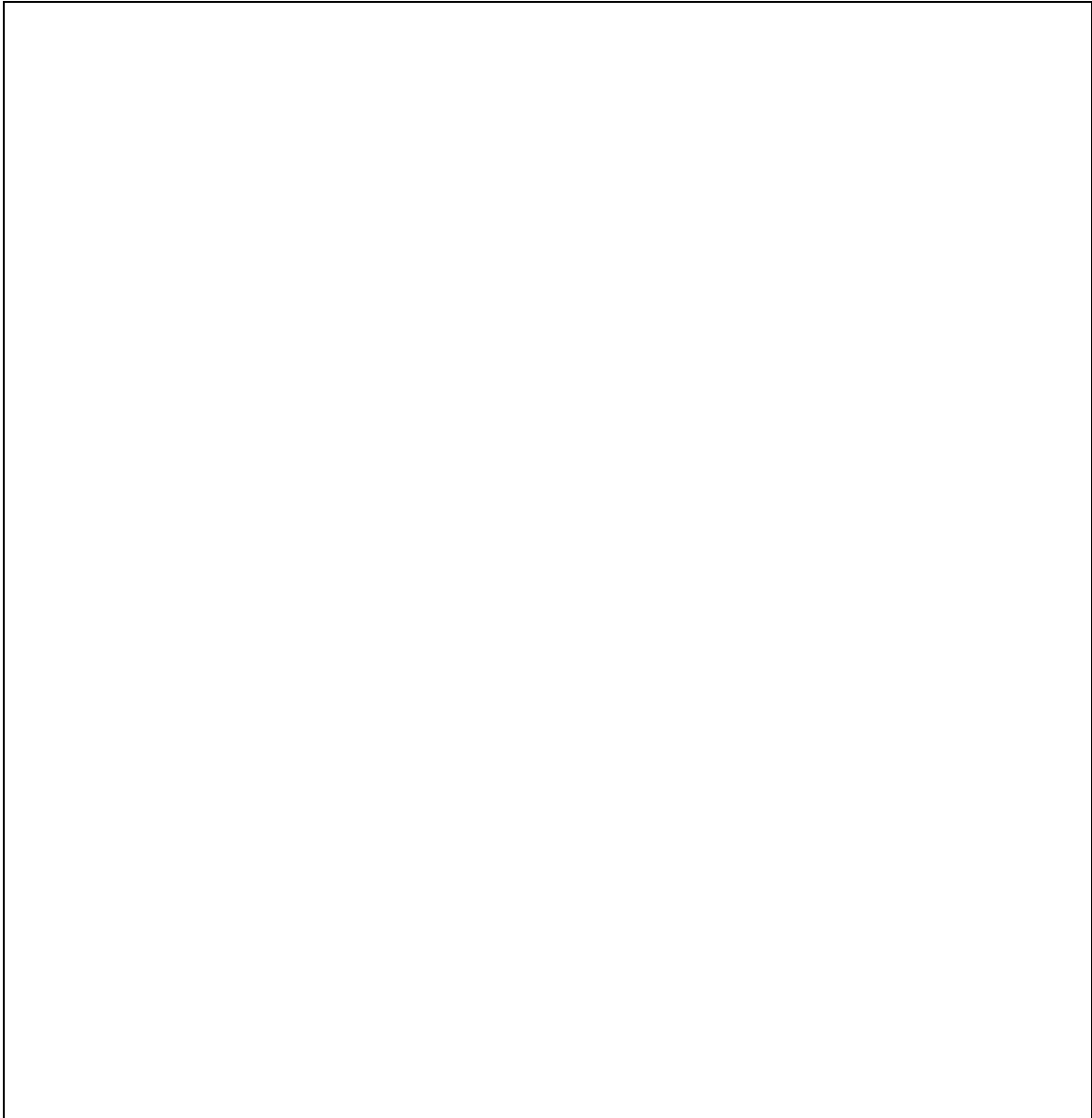
“If you were still doing what your doing now, 20 years from now, would you feel like you had fulfilled your passion in life?”

Be honest with yourself. Get really clear about that picture. Now write down exactly how you would feel if nothing had changed 20 years from now:

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question about fulfilling their passion in 20 years.

“All human behaviour is motivated by wanting to feel a certain way.”


Now get clear about how YOU want to feel when you're living your most passionate life? Write down a list of 10 things you want to feel. Do it now.



Now go back over what you have written in the first part of this training and what you have written just now. How do these two lists match up. How do the feelings compare? If there is a big disparity then this is a good indicator that things need to change.

Now consider what you already do in your life that allows you to feel how you WANT to be feeling? What hobbies do you do that light you up? What aspects of your current work do you enjoy the most? What are you ALREADY doing that makes you feel how you want to be feeling when you're living your most passionate life? Write down 10 things now.

This list will give you some clues about what your passion might be.

A large, empty rectangular box with a thin black border, intended for the user to write down 10 things that they already do in their life that allow them to feel how they want to be feeling.