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## 5 Steps to Find Your Passion

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*By Judi Moreo*

If you want to live your best life, then you need to find your passion and follow it. Sounds easy, doesn't it? It actually isn't that hard, so it's surprising that so many people don't do it and seem contented to exist rather than living a life of happiness and success.

To change your life for the better and create a future you will love, then follow the five steps below.

### Step 1: Dream Big

Do you have big dreams? What have you done toward making them come true? Do you think about them, act on them or hide them away?

If you want to find your passion and purpose, then it's time to dream big. Get out some paper and list all of those big dreams you've had from childhood to today. No matter how wild or funny, write them all down.

Which of those dreams resonates most with you? Which makes your heart sing and inspires you the most? Is it realistic and achievable? If you've set your sights on being the first full-time resident of Mars, then you'll probably need to take another look at your list and find something that is more realistic and achievable but almost as exciting to you!

Your big dream doesn't have to be outrageous or huge. It just needs to be big enough to push you out of your comfort zone. And, you must be willing to commit to making changes in your life so that you can achieve it. You need to really, really, really want it. It needs to spark desire and passion in you.

### Step 2: Set Goals

Once you've decided what your ideal or dream is, then you need to set goals. Your end goal is what you want to achieve; your dream. There will be other, smaller goals, that you will need to achieve along the way. These are the steps it will take for you to reach the big goal. You need to note these down as well and put an estimated date of when they need to be done in order to reach the big dream in a realistic time.

### Step 3: Plan Your Way

Now that you know what you want and need to achieve, it's time to plan what you must do to get there. Those smaller goals are the action you need to take; now what resources will you need and who or what can provide help and support.

#### **Step 4: Take Action**

You know what you want, how you can achieve it and the steps to take. It's time to take action. Remember you are looking for a passionate life. One that fills you with excitement, joy and success. Go for it!

#### **Step 5: Live Your Best Life**

Once you've started taking action on your goals and plans, you will find that your life starts to improve. Instead of dreading each day, you'll look forward to it with excitement and anticipation. Your best life is the one that gives you happiness, success and achievement through living your passion and purpose.

If you want to find and live your passion, then you can follow the five steps above. You can do it on your own or you can give yourself a helpful boost by hiring a coach or mentor.

You are more than enough!

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