

7 Ways To Discover Your Passion and Purpose

By Judi Moreo

"Follow your passion. The rest will attend to itself. If I can do it, anybody can do it. It's possible. And, it's your turn. So go for it. It's never too late to become what you always wanted to be in the first place."

J. Michael Straczynski
Writer, Marvel Comics The Amazing Spider-Man

Life without passion for something can be a struggle. Days will feel endless and tedious and life will seem hard. By finding your passion, you will discover joy, creativity, inspiration and a greater sense of freedom and well-being. You'll also discover a sense of purpose.

Here are eight ways you can discover your passion and purpose in life.

Create a Vision Board

Collect images and quotes that illustrate what you want for your life. Add your goals in written and visual form. Creating a physical vision board will allow you to place it somewhere prominent where you will be able to see it frequently and it will reinforce the vision you have for the future and the life you want to live. My Achievement Journal has a place for you to create a vision board for each of the 8 major stress areas of your life.

Make a List of Things You Enjoy Doing

Write down everything, no matter how small or seemingly insignificant, that you enjoy doing. Think back to your childhood and add all of the hobbies and activities that you loved. Which of these things sparks the greatest feeling of passion and joy in you?

List Your Dreams and Goals in Life

Think big. What do you really want from your life? How would you like to be remembered?

Write down all the things that you have ever dreamed of being or doing. Include those from your childhood. Which of these dreams and goals resonates with you the most? Which is the one that sings to your soul?

Think Big

Having passion and purpose creates a huge shift within you mentally and physically. So, when trying to find your passion and purpose, don't think small; think big. What would you like your legacy to be?

Be Inspired

Think about and list on a piece of paper, all of those people who inspire you. Then note down what it is about them and what they do that makes you feel inspired. What can you take from their examples to create passion and purpose in your life?

Get a Mentor

A mentor who is already living the passionate and purposeful life you desire can help you model their success. Networking is a great way to find a suitable mentor, so once you know what your goal is, then find a way to connect with others with the same interests.

Find a Life Coach

Coaching is a really powerful tool that will help you discover yourself, your interests and create the life you really want. Investing in yourself by choosing a coach will help you discover your passion and purpose with support, guidance and encouragement.

There are many ways to discover your passion and purpose in and for life. Many are free and some will require an investment in terms of money as well time. However, if you want to live your best life then you need to take action starting now. Pick one of the activities above and create the change you want and need.

You are more than enough!

Judi Moreo, CSP
(702) 283-4567

www.judimoreo.com

www.youaremorethanenough.com

www.lifechoicesbook.com

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