

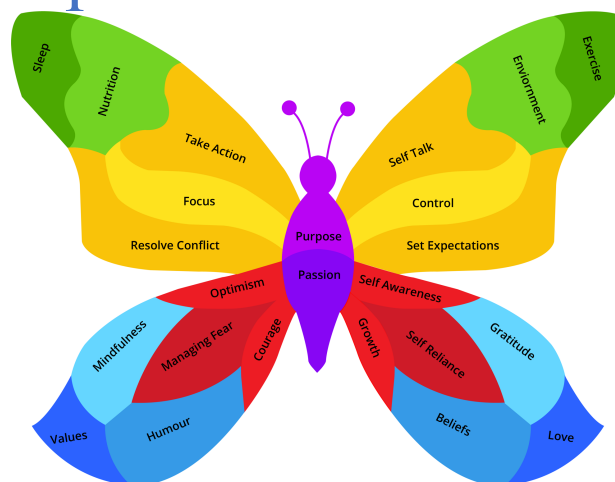
E.Q.i.e Emotional Intelligence

By Transilient Coaching

Building a Resilient Mindset One Day at a Time



Module Five Spiritual Resilience



Finding Passion Workbook

“Success comes to those who dedicate everything to their passion in life. To be successful, it is also very important to be humble and never let fame or money travel to your head.”

- A. R. Rahman

Put some time aside, relax and make a start. It is important to be authentic, open and curious when answering the questions. Dig deep to find out who you really are and what lights up your life. Take notice of your gut feelings too, intuition is very important in this process. Write your answers in a journal so you can keep them, refer to them and add more thoughts as you continue your journey of self-discovery.

Use this information to start planing and taking action to achieve what you want, both personally and professionally. It is much harder to be defeated when you are passionate and purposeful and take action.

1. What do you really love doing and what gives you the greatest joy?

Look for any recurring themes or patterns in your answer. Recall how you felt when you were experiencing these events.

2. What did you enjoy doing as a child? What were you good at?

We often forget all those activities we loved as a child as education, other pressures and responsibilities take over as we grow up. Perhaps recalling them can give you information to help you on your journey of discovery.

3. What activity are you doing when you lose track of time and get totally lost in what you are doing? How does it make you feel?

These are strong indicators of what we love to do as we feel completely absorbed and energised by what we are doing and oblivious of what's around us. This is known as being in a state of flow and enables us to feel strengthened, capable and resilient.

4. What would you do if you couldn't fail?

Think about how your life would be. What are you doing? Relax, close your eyes and visualise your life as clearly as you can and write down what you see, hear and feel. Resilient people don't see failure they see learning and use it to move forward.

5. What you spend your time doing, reading about, googling, looking at websites, talking about, share interest with others.....

6. Have you got a really big dream that you have packed away because you think it is totally unachievable or unrealistic?

Why not unpack that dream, be curious and explore it again. Change your perspective as there may be other ways to achieve it. Resilient people learn to look at challenges in different ways to find a solution. After all this really big dream might well be exactly what you are supposed to do.

“HOW DO I FIND MY PASSION? CAN I MAKE IT MY JOB?”

Ask Yourself: Is There Something You Already Love Doing?

Do you have a hobby, or something you loved doing as a child, but never considered it as a possibility?

Whether it's reading comic books, collecting something, making something, creating or building, there is probably a way you could do it for a living. Open a comic book shop, or create a comic book site online.

If there's already something you love doing, you're ahead of the game. Now you just need to research the possibilities of making money from it.

2. Find out What You Spend Hours Reading About

For myself, when I get passionate about something, I'll read about it for hours on end. I'll buy books and magazines. I'll spend days on the Internet finding out more.

There may be a few possibilities here for you ... and all of them are possible career paths. Don't close your mind to these topics. Look into them.

3. Brainstorm

Nothing comes to mind right away? Well, get out a sheet of paper, and start writing down ideas. Anything that comes to mind, write it down.

Look around your house, on your computer, on your bookshelf, for inspirations, and just write them down. There are no bad ideas at this stage. Write everything down, and evaluate them later.

4. Ask Around, and Surf for Possibilities

Ask other people for ideas. See what others have discovered as their passions. Look all over the Internet for ideas.

The more possibilities you find, the more likely your chances of finding your true passion.

5. Don't Quit Your Job Just Yet

If you find your calling, your passion, don't just turn in your resignation tomorrow. It's best to stay in your job while you're researching the possibilities.

If you can do your passion as a side job, and build up the income for a few months or a year, that's even better. It gives you a chance to build up some savings. Or as we mentioned already, it doesn't have to be a source of income – it can be your past time.

6. Give It a Try First

If you are trying something new, try it out for a while – at least a few months and then see how you feel.

7. Do some research

Know as much about your passion as possible. If this has been a passion for awhile, you may have already been doing this.

At any rate, do even more research. Read every website possible on the topic, and buy the best books available.

Find other people, either in your area or on the Internet, who do what you want to do for a living, and quiz them about the profession. How much do they make? What training and education did they need? What skills are necessary? How did they get their start? What recommendations do they have?

Often you'll find that people are more than willing to give advice.

8. Practice, and Practice, and Practice Some More

Don't go into it with amateur skill level. If you want to make money you need to have professional skills. Take a course, get a qualification. If you care about it, practice won't be an issue.

If it's a hobby then the same goes – work at improving at it, be challenged by it and develop your skills

9. Don't give up on it.

Can't find your passion at first? Give up after a few days and you're sure to fail. Keep trying, for months on end if necessary, and you'll find it eventually.

Thought you found your passion but you got tired of it? No problem! Start over again and find a new passion. There may be more than one passion in your lifetime, so explore all the possibilities.

Found your passion but haven't been successful making a living at it? Don't give up. Keep trying, and try again, until you succeed. Look at how other people may be doing it. Success doesn't come easy, so giving up early is a sure way to fail.

Having curiosity about things, learning and growing and developing as a person is what keeps us engaged with life, interested, engaged and resilient.