Finding Your Passion

6 Simple Strategies to Help Find Your Passion

From A.J. Juliani’s, “6 Simple Strategies to Help Find Your Passion”

1. Take notice of what you do when no one is “telling you what to do”.

What types of activities do you do when you are not in school, learning, or being told what to do? To dig deeper, ask yourself these questions:
• What do I do on the weekends?
• What do I do after dinner during the weekday when I finish my homework?
• What do I do when I have off of work/school?

When you answer these questions, many of these activities will be consumption of time (watching TV, playing a video game, using an app, reading a book, social media, etc.) or communication of time (hang out with friends, talk with friends, chat online, etc.)

Is there anything you do during these times that is considered “creating” or “making”? Star it on your list. This could be writing, working on a car, putting together a stereo system, making a dance/song, or doing a craft.

2. Take notice of what you do when you are “supposed to be doing something else”.

We all have responsibilities and priorities in your life. We have things we “need to get done”. However, when we put those responsibilities or priorities to the side to work on something else, that is telling sign of our passions.

3. What types of information do you read and watch?

Maybe all you read is sports magazines, and all you watch is ESPN. Maybe all you read is fashion blogs, and all you watch are Project Runway re-runs. Maybe you read and watch a variety of things. You should make a list.

4. Create your own “March Madness Interests” bracket.

Fill in your interests, and begin eliminating interests based on what you would like to spend time doing if you won the lottery and could DO ANYTHING!

5. Give yourself a trial period.

Over the next few days, take each of your “Final Four” interests/passions and spend as much time as you can working and creating with that passion.

During this trial period, note which of your passions put you into a state of “flow”. In a state of flow, you’ll lose sense of time, because you are focused on the task at hand. You will not want to stop.

6. GET STARTED!

This is where your passion begins to have a purpose. Passion may get you going, have you fired up! This passion will keep you going when others fade away.
Questions to Get You Started

List 5 things you wish you could do, physically, but cannot.

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If you could take any class in school, what would you take? Why?

List 5 hobbies you’ve always wanted to try but never got around to figuring them out or learn more about them.

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What have you always wished you could do or make?

If you weren’t in school, what would you be doing?

Name something that doesn’t exist, but you think it would benefit your school/community/world?

What do you never have time for, but would love the extra time so you could become better?
Choosing Your Passion,
March Madness Style

Passion # 1

Passion # 2

Passion # 3

Passion # 4

Passion # 5

Passion # 6

Passion # 7

Passion # 8