



Passion-Finder

What's Your Why?

Quick Self-Discovery Hacks for Survivors & Thrivers

From Angie Atkinson at QueenBeeing.com

This report includes powerful tips related to [Finding Your Passion](#).

*It also includes 3 actionable steps you can take **right away, help on finding your own purpose and passion**, and a list of suggested reading for those people who are looking for even **more information**.*

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TOP TIPS

There's nothing worse than sitting at a dead-end job, or worse, a job that you hate. If you are doing something that you are not passionate about, it's possible you won't do your best at it. Use these tips to try and ignite a spark on finding your passion.

1. Overcome the Fear of Change

Doing something different than what you are used to is a scary proposition. People are hesitant to change. It could be exactly doing this that can help you find what your passions are.

2. Step Outside Your Comfort Zone

This phrase has gotten a bit overused but is still very relevant when trying to find your passion. When you get too comfortable with your situation, this could be the very factor that starts to hold you back. You become less willing to take the necessary chances that can help you grow.

3. Be Constantly Learning

Learn new skills all the time. Try to learn skills that you would not normally shoot for. At your workplace, you can reach out to other departments and ask if someone would be willing to show you how they do their job. At a community event, take on leadership roles on committees, etc. Read about new skills on your commute to work or your lunch hour.

4. Ask Family What You're Good At

You may be thinking that you would know best what you are good at. To some degree this is true. However, your family (and friends) may see things about you that you have not seen in yourself. Ask them what they think you are good at and be prepared for some interesting suggestions.

5. Consider Your Dreams

Everyone has a dream. In many cases, people put those dreams on hold for one reason or another. Revisit those dreams that you put on the backburner. Explore what it would take to make those dreams a reality.

6. Work for a Non-Profit Organization

If there are opportunities to work with a non-profit organization that fits within what you are passionate about, you could volunteer with them, or you can even work for money. It's usually easier to get your foot in the door when you offer your services for free. The organization will be much more willing to teach you the skills you desire. However, there are always opportunities to start out free and then start getting paid after a certain time. The concentration should be on learning your passion, so pay should be secondary.

7. Don't Discard Hobbies

Before the internet, it was much harder to make money from your hobbies. That is not the case today. It is much easier to profit from your hobbies. Therefore, if you are looking for a career change, you can consider your hobbies if that's where your passions lie. It can be something as simple as setting up a blog and selling products that are related somehow to your hobby. When you do this, it gives you the ability to "have your cake and eat it too!"

ACTIONABLE STEPS



Write three new skills that you would like to learn and determine the steps needed to make them happen. Set up some goals and action steps required to accomplish them.

Ask two friends what they think you are good at. Do this with two family members as well. Write these all down and reflect on whether they are something you would want to pursue. Spend several days on this evaluation process.

Write down one hobby that you have placed on the backburner. As in item #1, write down what it would take to accomplish it. Optional: do this with a hobby that you would never have considered in the past.

Discover Your Passion Project and Enrich Your Life

There must be some reason why celebrities, teachers, business coaches, and Pinterest boards are talking about passion projects. It's a subject that appeals to anyone who wants to lead a meaningful life.

Before you dismiss the idea because you lack the time or money to squeeze anything more into your days, consider a couple of inspiring examples. Anthony Trollope wrote those novels you see on PBS while he was working at the post office. Ralph Lauren was a Brooks Brothers salesman who started his fashion empire with only \$50,000.

You can do it too. See how a pet project can enrich your life, and learn how to put your good ideas into action.

Benefits of Having a Passion Project

1. **Develop your confidence.** Challenging activities stretch your skills. As you develop your strengths, you reinforce your belief in yourself and your abilities.
2. **Manage stress.** Taking on challenges also dispels anxiety. You focus on making progress instead of dwelling on obstacles. You transform down time into a productive break that renews your enthusiasm for your future.
3. **Contribute to society.** Share your passion project with the world. You may invent a way to make salt water drinkable or just make someone smile with the cartoons you draw.
4. **Feel fulfilled.** Most of all, pursuing your passions allows you to experience more satisfaction and contentment. You spend your time on priorities that matter to you instead of just checking items off your to do list.
Following your dreams may require taking risks, but the rewards are worth it.

How to Find Your Passion Project

1. **List your interests.** Think about the things you love. *What activities do you perform for their own sake without thinking about external obligations or rewards?* When do you become so immersed that you lose track of time?
2. **Remember your childhood.** If you need inspiration, picture your favorite childhood memories. If you still know your lines from a high school play, maybe you'd like to take acting classes.
3. **Watch for unmet needs.** *If you want to turn your passions into a career, match them to something others are looking for.* You could be the only dog sitter in your neighborhood who can also groom pets in their own homes.

4. **Talk it over.** Ask friends, family, and coworkers for input. They may notice your flair for cooking or computer programming.

How to Carve Out Time for Your Passion Project

1. **Turn off the TV.** Many adults switch on the TV or surf the internet as a distraction from the strains of modern life. See how many hours you can free up by cutting back on screen time.
2. **Keep a log.** If you need more ways to restructure your schedule, start out by tracking where your time is going. Focus on tasks that you can drop or delegate to others. Strategize how to do your errands or housework more efficiently.
3. **Live healthy.** You are limited to 24 hours in a day, but you can increase your energy levels during that time. Make sleep a priority. Eat nourishing, whole foods. Exercise regularly and move around while you make phone calls or cook dinner.
4. **Share support.** Passion projects are ambitious ventures so we need to help each other out. Let your family, friends, and colleagues know what you're up to. You can encourage each other and provide constructive feedback. *Maybe you can even exchange financial support or barter your time and services.*

Bring more purpose and joy into your life by devoting yourself to a passion project. Build a legacy you can be proud of, starting today.

5 Good Reasons To Find Your “Why”

There are quite a few reasons to find your “why”, your reason for getting up in the morning and doing what you do. Finding your purpose can be a powerful thing and it goes well beyond the satisfaction of knowing you're doing something worthwhile. Let's take a look at five different good reasons to spend the time to find your “why”.

You'll Feel Less Stressed

How much mental energy and worry do you spend trying to figure out what you should or could be doing each day? When your “why” is clear in your mind, you don't have to worry about that any longer and feel less stressed.

But there's more to it than that. When we aren't following our passion and purpose, we aren't happy with what we're doing and with that comes added stress. It's no wonder that you'll feel calmer and more relaxed about what you do and life in general when you know where you're going.

You'll Get More Done

Time flies when you're having fun and it slows down to a crawl when you aren't. Along the same lines you get a lot more productive and get through your workload in a lot less time when you have a purpose and are passionate about what you're doing.

I'm sure you've noticed this in your daily life. When you're working on something you enjoy or something that's important to you, the work almost seems to do itself. You don't even notice how long or how hard you've been at it.

You Do A Better Job

Not only do you get things done faster, you do everything you can to learn more and get better at what you love to do. As a result you do a much better job. Now there's a great reason to find your why and follow your purpose.

You'll Feel Better About Yourself

There's nothing better to lift your mood and boost your self-esteem than doing some good. Don't be surprised to notice quite a bit of this once you figure out what your purpose in life is and then do what you're meant to be doing, helping those in need.

You'll Be Happier

All of this leads to one all-important end result. You'll be happier. You'll be more fulfilled with what you do and live a more content life. And isn't that something we're all striving towards. Who knew the secret to lifelong happiness was to find your "why".

Do What You Love – Love What You Do

When you get up in the morning you have a choice. You can look forward to the day ahead, or you can dread it. And much of that choice depends on how much you like what you're getting ready to do for the next 16 hours before it's time to hit the hay again.

Of course we're not going to love everything we end up doing during the day (I don't know many of us that look forward to cleaning the bathroom), but you should be able to find some things to look forward to. And the more of that you can work into your life, the more fulfilled and happy you'll be.

Love What You Do For A Living

Is your job something you look forward to, or something you dread? If you're not having fun and enjoy what you're doing (most of the time... we all have bad days), it may be time to look into a career change. No amount of money is worth being miserable and it's hard to enjoy life and love who you are when you hate much of what you're doing each day. Instead find something you can get behind and be passionate about. Make a living while making a difference and fulfilling your purpose in life.

Do What You Love Around The House

Our home holds special place in our heart. It's our safe place, where we raise our kids and rest our head at night. It should be a place we enjoy spending time in. It should be a property we are proud to own something we enjoy taking care of. In other words, our home should be our sanctuary.

Take a look around you. What do you love about your home? What don't you love particularly? What can you do about that? Start small, but start to improve your surroundings. Moving into your dream house overlooking the ocean may not be an option right now, but you can paint your living room walls and hang up a pretty beach painting. Turn your home into a place you love.

Do What You Love – a.k.a. Hobbies

Even if you are in a situation where you can't do much about your job or your house, there are other ways to incorporate what you love into your day. Find something you enjoy doing. It could be gardening, curling up with a good book, playing golf, photography, knitting... it doesn't matter what it is as long as it is something you love and enjoy. In other words, find a hobby and make sure you make some time for it in your busy day and week.

How Finding Your Purpose Can Make You Happy

There's a quote by Dr. Albert Schweitzer that's worth pondering:

"The purpose of human life is to serve, and to show compassion and the will to help others. "

Think about this for a minute. Finding your purpose becomes a lot easier when you think about it in these terms. What skills and traits do you have that could help others? How could you build your life, your job, or your business around those skills?

But what does all that have to do with making you happy? Taking the time to figure out how you can help others and then doing just that is a powerful thing. We are social creatures and hardwired to help our community. When we make it a daily goal to do just that it's an incredibly rewarding experience.

Yes, part of it is because we'll be thanked or recognized for what we're doing, but that's only a small part of it. To be perfectly honest, doing good will make you happy even when no one else knows about it. There's an internal reward built in. We feel good about ourselves. Our self-worth grows and with it our self-esteem.

Or think about it this way. What would make you feel better? Going about your day shuffling papers, answering the phone and putting in the time required at your desk without much to show for at the end of the day? Or would you feel more fulfilled and happier if you knew without a shadow of a doubt that you made a difference in someone's life today? What if that paperwork you did helped a family find a better place to live? What if those calls you made ensured that a little girl doesn't go to bed hungry tonight. What if that class you taught helps a young mom stay home with her baby and still contribute to the family income? What if you found your purpose – whatever it may be – and made a real difference in someone's life with what you do? Wouldn't that make you feel happier? Wouldn't that give you a sense of accomplishment?

Spend a little time to figure out what you can do to help those around you. Think about what you could do to serve others and make a difference in their lives. In other words, spend a little time figuring out what your purpose in life is and how it can impact the people whose lives you touch – be it in person, through a book or via the internet. That's the beauty of the day and age we live in. We can reach and make a difference in the lives of people across the globe.

Stop making excuses and find your purpose, and with it your own happiness.

Following Your Purpose Isn't Always Easy – But It Is Well Worth It

You need to find your purpose, they say...

You need to follow your passion, they say...

You need to determine your "why", they say ...

But sometimes it isn't all that easy. It's not easy to figure out exactly what your "why" is. Sometimes we feel stuck and we're not even sure what our purpose and passion are, let alone follow them.

And sometimes we know exactly what we would like to be doing, but circumstances don't allow it. There are bills to be paid, a family to take care of, and that company-funded health insurance sure comes in handy with a couple of rambunctious toddlers in the house.

What do you do in either of those situations? The first thing you do is take your time. As important as finding your purpose is, it isn't something you need to rush into. Take the time to examine who you are, what you're good at

and who you could help or sever. Who are the people that could benefit from your unique set of experiences and qualifications? What do you feel called to?

Once you know what your calling or your purpose is, start planning the rest of your life around it. That doesn't mean you need to hand in your two week notice. Instead, learn as much as you can about turning your passion or your calling into something that will also pay the bills. Maybe that means looking for a different job. Maybe that means going back to school. Maybe that means figuring out how to run your own business.

Start slow and work on things part-time. Set aside some money as a safety cushion while you make the switch. Then, and only then, go ahead and start moving towards your calling.

Yes, it's a lot of change and it can seem daunting at first. Don't let that intimidate you. Just take it one step at a time, keep your eye on the goal, and you'll get there before you know it. And believe me, it will be well worth in the end.

Once you make the switch and go through all the scary changes and challenges that following your purpose brings with it, you'll be more satisfied with where your life is going and how you're choosing to spend your time. In other words, you'll be happier and that is a worthy end goal, isn't it?

FURTHER READING

1. [The Element: How Finding Your Passion Changes Everything](#)

https://www.amazon.com/gp/product/0143116738/ref=as_li_qf_sp_asin_i_l_tl?ie=UTF8&camp=15121&creative=330641&creativeASIN=0143116738&linkCode=as2&tag=queenbeeing01-20

2. [Finding Your Element:](#)

https://www.amazon.com/gp/product/0670022381/ref=as_li_qf_sp_asin_i_l_tl?ie=UTF8&camp=15121&creative=330641&creativeASIN=0670022381&linkCode=as2&tag=queenbeeing01-20

3. [Finding Your Voice: What Every Woman Needs to Live Her God-Given Passions Out Loud:](#)

https://www.amazon.com/gp/product/B01863JQ52/ref=as_li_qf_sp_asin_i_l_tl?ie=UTF8&camp=15121&creative=330641&creativeASIN=B01863JQ52&linkCode=as2&tag=queenbeeing01-20

4. [Finding Passion:](#)

https://www.amazon.com/gp/product/0992082307/ref=as_li_qf_sp_asin_i_l_tl?ie=UTF8&camp=15121&creative=330641&creativeASIN=0992082307&linkCode=as2&tag=queenbeeing01-20

5. [Find Your Why: A Practical Guide to Discovering Purpose for You or Your Team:](#)

https://www.amazon.com/gp/product/B01CZCW3ZA/ref=as_li_qf_sp_asin_il_tl?ie=UTF8&camp=15121&creative=330641&creativeASIN=B01CZCW3ZA&linkCode=as2&tag=queenbeeing01-20