



It is said that people who love what they do, never work. Many of us spend 40+ hours each week working at a job that does not energize us or satisfy our heart's desire. In order to change that, we have to determine what we are passionate about – and do that.

Complete the following:

What things in life bring you the most joy? Think about work situations, hobbies, interests, people, places, etc.

What do you enjoy that makes time stand still – hobbies, interests, etc.?

Was there a time in your life when you felt energized and excited? If so, what triggered those feelings?

What motivates you (money, service, autonomy, structure, winning, etc.)? List as many as possible.

Who is living your dream with regard to work (CEOs, accountants, counselors, ministers, etc.)

Contact me for help finding your passion! info@212-Careers.com



To do the work that brings you joy and fulfillment, you must first find your passion. Refer to worksheet I, then complete the following:

Visualize your ideal work situation:

Describe the setting in detail (home, small office, large corporate office). What is in the room you envision? What are the colors, sounds, smells, etc. in this setting?

Who is with you in this setting – are there other people in office or cubes? Describe them – casually dressed, suits and ties, etc.).

What are you/they doing (speaking to a group, talking on the phone, working on the computer)?

What is the purpose or goal of the work you are doing (saving the planet, litigation, developing software, etc.)