

Discovering Passion and Purpose

In life, there are things we just absolutely love to do! There are things we naturally feel drawn to. There are activities we lose ourselves in—getting in the flow. There are things we are passionate about, that inspire us, or that get us all riled up. In a search for your purpose, an important place to look are at THESE things! **Purpose implies meaning**, yet it also implies something that it feels like we were made to do. The good news is we instinctually or intuitively know what we are “made for”—we can feel it. It’s that inner nudge that pulls us toward what we love, do naturally, and are passionate about. There are 6 key elements to igniting your passions by both remembering them and living in alignment with them:

1. Childhood wonder
2. Adult passions
3. Your gifts
4. Your dreams
5. Your values
6. Your commitment

CHILDHOOD WONDER: Insights from Childhood

You can glean powerful insights into your true nature and natural interests and passions by reflecting on what you were inspired by as a child. Your childhood wonders existed before you developed filters due to the influence of others and the limiting beliefs you developed as you grew up. Often your natural talents, inclinations and interests were lost along the way because you were told they were not practical, realistic, or worthy. Often times, you were not even given the chance to explore them through free play and self-directed time. But not all is lost! The true you, your inner child, has always known. Sometimes our childhood passions and pleasures can bring new life into our adult world. Other times those old inspirations no longer do anything for us and show us how much we have changed.

When I was a child, I wanted to do this when I grew up:

In the past (and as a child), I enjoyed: (everything you can think of from food to activities, places you've gone to traditions you've had – list what you liked and WHY you liked it)

YOUR PASSION: What Do You Love?

Now that you have an idea of what you used to love, it's time to add to your list by looking at your current inspirations.

The activities I do currently that bring me pleasure include:

The activities I know I love that I may not currently be doing but would like to do include:

The other aspects of life that bring me joy, excitement and that energize me are:

In my life I have been passionate about:

These childhood and adult passions and interests are powerful sources of inspiration and fuel for feeding yourself and living with purpose!

YOUR GIFTS: What Do You Have to Offer?

You feel the most alive and passionate about life when you are doing what you are MADE FOR. When you do something that comes naturally to you—a talent—you are fully expressing yourself. Examining your talents and other qualities you have to offer sheds light on what aspects of yourself you can do the most good with, which also happen to be the same gifts that bring purpose to life. My best qualities are: (ideas and suggestions, write down the ones that resonate with you).

<i>Humorous</i>	<i>Enthusiastic</i>	<i>Comforting</i>	<i>Determined</i>	<i>Intelligent</i>	<i>Gentle</i>
<i>Kind</i>	<i>Courageous</i>	<i>Direct</i>	<i>Inspiring</i>	<i>Supportive</i>	<i>Optimistic</i>
<i>Visionary</i>	<i>Compassionate</i>	<i>Flexible</i>	<i>Entertaining</i>	<i>Knowledgeable</i>	<i>Practical</i>
<i>Open</i>	<i>Generous</i>	<i>Strong</i>	<i>Energetic</i>	<i>Calm</i>	<i>Adventurous</i>
<i>Persuasive</i>	<i>Patient</i>	<i>Insightful</i>	<i>Spontaneous</i>	<i>Quick-Thinking</i>	<i>Original</i>
<i>Ambitious</i>	<i>Artistic</i>	<i>Creative</i>	<i>Reliable</i>	<i>Introverted</i>	<i>Extroverted</i>

I am most myself when:

What makes me feel “in flow”?

What comes easy for me that may be hard for others?

YOUR DREAMS: What Do You Really Want?

Your dreams are calling you. The true you already know what they are and never stops dreaming. Often the key to unlocking both your passion and your purpose is to allow yourself to remember your dreams and go for them!

If I could have anything I want, what would it be?

If I could do anything I want, what would it be?

YOUR VALUES: What Do You Stand For?

Sometimes your passions are things that boil your blood. They tug at your heart strings because you care about them. Based on your values and ideals about life you end up wanting the world to be better, often in specific ways. Tuning into these greater values can unleash your passion.

What would I like to change in the world?

In what way can I BE the change I want to see in the world?

What do I stand for?

YOUR COMMITMENT: How Can I Live in Integrity?

The Aspects of my life I am committed to:

The values, dreams, gifts and passions I am committed to fulfilling in my life:

What would it take for me to be living in integrity?

Now that you have taken the time to really dig deep within to see what you are passion about, what you stand for and what is important to you its time to take the next step.

Download and print the Grateful Journal and use it every single day. Focus on the “good things in your life” and come back her frequently to see where you are, what you would change and begin to see and feel “the new you”.

This is just one step in the coaching process with Deanna Byrne. If you would like to schedule a complimentary call to discuss how coaching can help you email info@deannabyrne.com

A 45 minute call will outline our process and expectations.