

# FINDING YOUR PASSION

PASSION

A magnifying glass with a black handle and a silver rim is positioned over the word 'PASSION'. The lens of the magnifying glass is centered over the letters 'SIO', making them appear larger and more prominent than the other letters in the word. The background is a dark teal color.

By Deon Groenewald

One of the main reasons why people are unable to find success in their lives, is because they do not know what direction to take or what path to choose. I often hear the words “what is my purpose?” or “what is my true passion”? These are terms that are so commonly used and people often end up just staying where they are as they don’t know how to progress further.

So this E-book is designed to guide you through some easy yet effective steps to find out what your passion actually is and turn it into your purpose.

If we do what we’re good at, what we love doing, what we feel our purpose is and it can generate some form of income then we know we are in the perfect and ideal place for us.

So I am going to take you through a step-by-step guide that you can follow and at the end of it I trust that you will find your passion and your purpose and turn that into a future you can make a reality.



I would first like to explain to you how this E-book will work.

It’s very similar to a flow chart, so there will be certain steps, and questions which you will need to answer, mostly yes or no answers which will then lead you to the next step you need to progress to.

So just follow the process step-by-step and you will do just great.

There will be some functions and some lists you will need to do, possibly some home-work, so go through the lists step-by step and you will get to your desired answer within due time.

Let's get started.

The first step is to ask yourself one very important question, which is, "what am I passionate about?"

If you are able to define this question in one simple sentence or paragraph, then the answer would be YES!

If you are stuck on this question and you really feel like you cannot begin to answer this question, then your answer would be NO!

If you answered YES, you can progress to step number 5 and you can skip the next step which is number four.

If you answered NO to the above question, then progress to step number 4 and just go through all those steps that I give to you one by one.



Step 4 is How to find out what my passion is.

This is the first phase in this process, so just follow the instructions and enjoy your journey along the way.

Firstly you will need to find a place where you can completely relax, whether it be your bedroom, your living room or under a tree outdoors, it just has to be a place where you feel at ease and can collect your thoughts by yourself. Sometimes even soft music can help some of us.

You will now need to sit and make a list on some paper of 100 things. These things should be things you enjoy, things you dream about, things you like your imagination to ponder on, things that make you buzz, so generally speaking things that just put a smile on your face.

On a personal level, the things that make me happy are teaching people and sharing my knowledge, I love to see the response in people when I coach them, when I allow them to find their true answers inside themselves, but now if I had to make a list of 100 things my list would include honesty, integrity, love for human kind, my pets, my wife, family and holidays.

Now list yours and these will be things you think that add value to your life.

Many of you will probably even add your hobbies, and that is 100% correct, it can be anything your that fulfils your life. If you think of more than 100, even better, but no less than 100.

Once you have completed this, let's move on to the next step.



*How to find out what my passion is...*

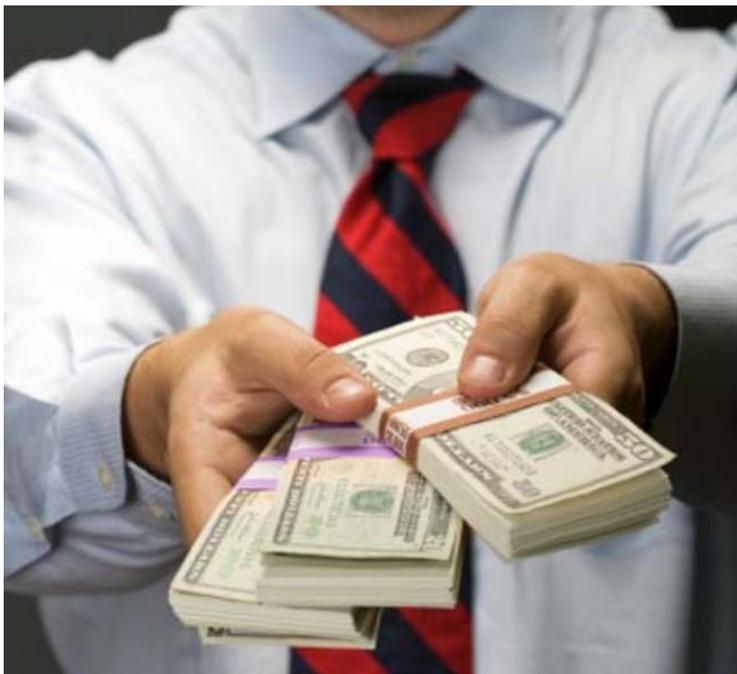
In this step, which is number 5 we are going to reduce the number of words on your list. You will need to ask yourself this question “Is this something people need”? If the answer is yes or no, both are fine.

Now read each item on your list and ask yourself that question for each and every point you have mentioned, and put a yes or a no next to each item. Once you have completed the list you will end up with a combination of yes and no answers.

In this exercise there are not “maybe’s”, it has to either be a clear yes or no answer.

Now the next step is to remove all of the items that have the word No next to them. So this is something people do not need.

So now you will have all the yes answers on your list.



Step 6 is very similar to step 5, so yes we will be reducing the list once again, but this time you will need to ask yourself a different question, which will be “Are people prepared to pay for it”? Now when asking that question, you cannot add a particular value to it, so do not add a specific amount to it. So now go through your list again and add a yes or no to all your specific items. Think clearly and hard about your answers. Then once again, once your list has been done, then remove all the No answers.

Now it gets a little bit more interesting!  
You will need to continue with the yes and no process, but this time the question is “Do you have the skills”?

So before answering, you need to think about the question of do you have the skills, so for example, if you want to be an artist, first question you need to ask yourself is, do I have the skills, in other words, do I have a natural artistic ability or am I creative. If the answer is no then you are not going to be capable of acquiring those skills in the future, but if you are thinking of answering no, but you know that it could just be a case of taking one or two little courses or just a little bit of dedication and practice, then I would actually like you to answer with a yes. So you have the skills, but it needs to be developed over a little bit of dedicate time. Now let’s assume it’s something different like becoming a lawyer, where you would need to obtain a degree which will take time but once again it lies within your capabilities, so my question is are you capable, yes or no, not do you have the current capabilities, so I’m just asking the simple question of – Are you capable?

So now after taking that all into account, go through your list again, and remove any No

answers you may have ■



We are now on step number 8, which is a much shorter list that what you initially started with.

So now you have a list with someone that people need, something that people are prepared to pay for and you also have the capabilities.

Now if there are some capabilities you still need to acquire, then I just want you to put a line underneath those words so that when we get to the end of the process, I can explain to you how we will revert back to there and what we will do with those words, but for now, keep them on your list and let’s continue with this process.



This is definitely the fun part because now this list you have in front of you, it is going to be starting to make a lot more sense to you.

Now what you need to do in step 9 is grab yourself some post-it notes or just individually cut pieces of paper and transfer every one of those words that are left and put each one on a separate piece of paper.

Now place all these little post-it notes in front of you so that they are all visible to you.

Now you need to allow your unconscious mind to do a lot of this work.

So you will need to separate all these notes into 3 different categories, now there is no specific theme or name for each categories, it will just have to have some similarity to each other in same way or similar wording. Do not over-think this process; make it as simple as possible, just allow yourself to do this process naturally and instinctively. Whether you still have 90 items to work with or 10 it is irrespective.

Right, so start arranging your words into the correct piles, 3 piles, no more and no less.

Now step 10 is to have a look through the words in each pile you have and come up with a name or category for each of these piles of notes. So allow your conscious mind to come up with a name for that pile. Whatever pops into your mind, this should be a very quick instinctive process, just allow it to happen briefly and by the end of the process, you will have three different category names.

So now that all the piles have a name, we now have to change that name to a title, so when I say title, I mean a job title. So step 11 is you will need to look at the words and give that group of words a job title. This can be a tricky process and may not be straight forward, but feel free to make this an open-process, invite a friend or a family member over to give you their stance on the process or possibly help you with an idea, and also feel free to be creative.

So after this step, you will have 3 piles of paper with 3 job titles in total.







Now this is where a life coach could possibly step in if you were not too sure how to, but this step entails taking this job title and description and making it into steps to create an achievable goal. What you have now is a dream and what we are looking for is a goal and the difference between the two is that a dream is something that you are merely dreaming about, a goal is something that has active steps lined out which are well structured and time goals to reach the desired destination. If you have a goal with a good structure becomes very achievable and the actual process of achieving it becomes exciting and something to look forward to.

If you would like to take this subject further, please contact us on [info@actionfactory.co.za](mailto:info@actionfactory.co.za) so we can either assign a life coach to you or alternatively tell you about our courses we offer to help you achieve any goal you put your mind to.

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