

Passion to Purpose

5-Step Organizer

Step 1: Assess What Causes You to Feel Happy and Stressed

Happiness and stress can come from within—which we can experience by:

1. Doing things we like or love to do to feel happy.
2. Doing things we don't want to do to feel stressed.

To develop better self-awareness about yourself, take a personal inventory of things you love to do and things that make you feel stressed in the space to the right.

1. How can you do more of the things you love to do and which are within your control?
2. If something you have to do, such as school and chores, causes stress, what can you change in your mindset to reduce the stress?

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Step 2: Consider Your Passion(s) or Interests

Passion is an intense emotion and a compelling enthusiasm or desire needed to pursue something actively.

What is your passion? Use the following question prompts.

1. What do you think about often?
2. What do you want to change so much that you lose sleep over it?
3. What makes you lose track of time?
4. What do you want to be known for when your name is mentioned?
5. What do you love doing more than earning money?

No worries if you can't identify something you are passionate about after answering the above questions. Consider an interest you may have. You can view [this list](#) for possible ideas. If that doesn't work, jump straight to step 5.

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Step 3: Pursue a Passion or Interest by Goal Setting and Manifestation

Goal setting is the first step to achieving success in anything. Pursue your passion or interest by setting a goal of something you would like to accomplish.

Let's say you're passionate about basketball, cooking, gaming, etc.

- What are specific skills you could begin learning directly related to your passion?
- What problems of practice could learning these skills solve for me and others?

After identifying your goal(s)—begin manifesting what you want to happen. Manifestation occurs by creating or turning something from an idea into a reality.

Consider these steps to begin mapping out your journey.

1. Pay attention to intuition and learn to trust your inner voice because doing so is essential to accomplishing goals.
2. Discuss and map out your steps to goal attainment. When discussing it, only seek advice and mentorship from someone who's already accomplished what you want to achieve. It reduces some of the guesswork and learning curves.
3. Implement the steps you set. As you implement your steps, it's critical to monitor your internal positive and negative energy—based on the emotions you experience. For example, if we're pursuing our passion and failing forward in tandem

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<p>with doing things we love to do (see step 1), we will most likely experience positive states. If we do not see little successes, have bad days, or feel off, we will most likely experience negative states. We must find ways to get positive as quickly as possible.</p>	
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Step 4: Master Your Passion

<p>Your passion can be mastered by learning everything about it, but like anything else, it takes time. This pursuit can lead to fulfillment, purpose, entrepreneurship, or a career pathway.</p>	
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People like Lil' Baby, Simone Biles, Dwayne "The Rock" Johnson, and other experts have most likely worked on their craft for over 10,000 hours. That's three hours a day, 20 hours a week for about ten years. If something is truly your passion, dedicating that much time is possible.

How can you begin your journey to mastery by receiving instruction from an expert(s) and improving your skills?

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Step 5: Use Your Passion to Help Others or Simply Help Others

Your passion is all about you, but you can flip it into a purpose by using it to help others. Helping others can make us feel that our lives have more meaning and purpose.

Furthermore, helping others is so powerful that you don't even have to identify your passion or interest to receive the benefit of finding purpose. Rory Vaden of Brand Builders Group said, "*You are always most powerfully positioned to serve the person you once were.*"

If you haven't identified a passion or particular interest yet, there's nothing wrong with that. Instead, answer these questions to figure out who you are most qualified to begin helping.

1. What path have you walked down?
2. What problem have you solved?
3. What obstacles have you overcome?
4. What challenges have you conquered in your own life?

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Reflection:

Take a moment to reflect after you begin to connect passion with purpose. Remember the powerful John Dewey quote, *"We do not learn from experience... we learn from reflecting on experience."*

- What did you learn about yourself, and what are you passionate about?
- Do you have a particular interest instead? Are you going to pursue learning more about it by goal setting?
- Who are experts you can learn from?
- How will you maintain positive energy as you pursue your goal(s)?
- What will you do differently now that you have this information?
- How will you encourage others to pursue their passion for finding purpose?