

YOUR TURN

What do you feel passionate about? If you're not sure, consider what you're curious about. Think about your natural talents, hobbies and interests. Perhaps, start by remembering what you loved doing as a kid. Finally, ask others who know you well if there are things they've noticed you're especially good at.

Notice when you enjoy doing something. Jot down some notes as you do these things to see if you can find a few common themes. Then find someone you trust to help you process what you've learned so far. An outside perspective can be extremely helpful when you're trying to find clarity on an issue as personal as this one.

Don't be afraid to call someone with a career you find interesting and ask them how they got started. You will likely find that most people who love what they do also love to talk with others about it!

Finally, remember that people don't just have one passion; there are many areas that we can become passionate about. By trying new things and taking on new opportunities, we can find new interests and passions that we enjoy and want to work toward.

DIG DEEPER

READ

- ***Strengths Finder 2.0*** by Tom Rath
- ***Designing Your Life: How to Build a Well-Lived, Joyful Life*** by Bill Burnett and Dave Evans
- ***What Color Is Your Parachute?*** by Richard Nelson Bolles
- ***Think and Grow Rich*** by Napoleon Hill
- ***Are you Fully Charged?*** by Tom Rath
- ***Start with Why: How Great Leaders Inspire Everyone to Take Action*** by Simon Sinek
- ***The Road Back to You*** by Ian Cron and Susan Stabile

LISTEN

- ***Oprah's SuperSoul Conversations***: Elizabeth Gilbert: *The Curiosity-Driven Life*
- ***Motiv8*** – *The Motivation and Inspiration Podcast*
- ***The TED Interview*** podcast. Head of TED, Chris Andersen, speaks with some of the world's most interesting people to dig into the provocative and powerful ideas of our time.
- ***The Motivated Mind*** Episode 4: Your Passion – Focus on it
- ***The Good Life Project*** podcast by Jonathon Fields; take the Sparketype assessment at goodlifeproject.com/sparketest

WATCH

- ***2 questions to uncover your passion—and turn it into a career*** | Noeline Kirabo – TED Talk
- ***Find your dream job without ever looking at your resume*** | Laura Berman Fortgang – TED Talk

ACTION STEPS

Once you make the list of your talents and passions, make a list of the types of jobs, careers or industries that might be interesting to you. Think about who in your family or professional network has access to information that would be helpful to you, and then take the first step toward learning more about the ones that most interest you.

Talents and Passions:

**Careers and industries
of interest:**