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## **FIND YOUR PASSION!**

**By Dr. Joe Tichio**

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*If one advances confidently in the direction of his dreams,  
and endeavors to live the life which he has imagined,  
he will meet with a success unexpected in common hours.*

**Henry David Thoreau**

Finding your passion and living it is your key to a happier life. If you're spending most of your days in a trance just getting by from 9 to 5, then fighting traffic to get home, eat dinner, and watch tv until you pass out, just to repeat the same process tomorrow, you may be suffering from a loss of passion.

Passionate people look forward to starting the day. They act with purpose, they are present, and live consciously. With passion as a driving force, life has new meaning. Instead of survival, the focus is on thriving. The exercises below are meant to open the flood gates of creativity and help to find your passion.

Self knowledge is a powerful thing. Be sure to take action and put this new knowledge to work for you by consciously creating a life of happiness and joy.

## Here are my Top 5 Ways to Find Your Passion

*Man is only great when he acts from passion.*

**Benjamin Disraeli**

### **Exercise 1: Revisit Your Childhood**

As we get older we have a tendency to move away from the things that bring us joy and move toward a more practical way of living. We focus on making money, getting a spouse, buying a home, and looking like a success to our peers/neighbors/family. For this exercise put all of that aside, at least for the moment. Remember all the things you enjoyed as a child, the games you played, and how you spent your time. Without judging yourself, which of those activities would you love doing now? For example, did you enjoy building with wooden blocks, did you have fun playing make believe, did you create magic shows or plays for your family and neighbors? These may seem silly, but they are the foundation for real life jobs. Architect, actor/writer/marketer, party planner/director/producer. Revisit the enjoyable activities of your childhood and ask yourself if they can be translated into your current life? Can these activities shape your career choices?

### **Exercise2: How Do You Spend Your Time?**

This is a simple and straight forward exercise. Create a list of all the things you enjoy reading, researching, talking about, and watching. If you could sit around and talk to people all day, what would you talk about? When you get on the computer, what websites do you visit? What types of books do you read? What tv shows do you watch? There is a goldmine of information hidden in your everyday choices.

### **Exercise 3: Scratch Your Own Itch**

What problems do you have and wish were solved for you? Many times you will find your joys and your problems go hand in hand, like two sides of the same coin. Write a list of all the problems you wish were solved for you. Be specific, what is the problem, how does it affect you, and how would you like the solution to look and feel? I came across this exercise from Jason Fried at 37signals.com who was sharing ways to come up with great ideas for products and services.

### **Exercise 4: Rocking Chair Test**

This is one of my favorite exercises and I use it often to make difficult decisions. Imagine yourself as an old man or woman in your 80s sitting down in your rocking chair. Get comfortable and start to look back at your life. See what you did, the options you had, and the choices you made. How do you feel about your choices and the life that you lived? What are your regrets? What do you wish you made time for? What do you wish you had tried? Spend some time with this one as it will open you up to some incredible self discoveries. You can read my original post of [The Rocking Chair Test here](#).

## Exercise 5: The Genie Exercise

This exercise is the ultimate use of your creativity. We're talking magic genie, so there's no excuses, no being practical, just go with it. Here is the exercise- a magic genie appears and provides you with all the money you'll ever want or need, an infinite supply. Here's your questions: What will you do? Where will you go? What will your days look like? Where would you live? Remember there are no limits in this exercise. You can spend your days exactly as you choose. Think past the first year, after you've gotten over the surprise of being so wealthy and limitless, how do you continue living?

Now that you have your passions out in front of you, the real fun begins. Don't quit your job and run off in mid-life crisis mode. Start little and go step by step. For some, you may just want to add a few activities to your weekly schedule. This is a great way to break up the monotony and give yourself something to look forward to.

For others, that won't be enough. If you're serious about living your life with passion, then it's time to make some changes.

*Don't ask what the world needs.  
Ask yourself what makes you come alive. And then do it.  
Because the world needs people who are alive.*

**Howard Thurman**

I recommend living an integrated life. Most people compartmentalize their lives. There's work, there's play, there's family, there's exercise, and they all have their own time slots. Except the reality is that the things we love tend to get pushed aside for the things we think we need to do.

*Don't prioritize your schedule,  
schedule your priorities.*

**Stephen R. Covey**

**Integration:** the act of combining or adding parts to make a unified whole. You may not be able to integrate all the pieces of your life, but if you plan appropriately you can integrate your passions into most things. For example, if you're passionate about playing and watching sports, but you need to exercise, it makes sense to join a league and play sports for exercise. That's a simple example of integrating passion with necessity.

The same is true of making money. We all need to make money, but the problem arises when we approach making money separate from our passions. Work becomes a chore and we enter the "Rat Race".

There are many ways to turn your passions into a career. The younger you are the easier it is, but it's still possible for everyone.

If you'd like to learn how to turn your genuine passions into a money-making career that you can do on the side, read my article [How to Have Fun While Creating Financial Independence](#). It's not a short cut to making millions over night, but it's a proven process to earn money doing something you love and you can do it on the side without quitting your day job.

Best Wishes on your Journey,

Dr. Joe Tichio

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