

## Ways to Help You to Find Your Passion

By Moira Russell (Author) dated: 26/6/09

It may be easy to say that you are ready to make certain steps in finding your passion. But once you have set your mind to do this, you will soon realise that nothing is really simple and easy when it comes to this. There are so many things to think about and issues to be settled before it finally becomes clear what you really want to achieve.

### Take One Step at a Time

To make sure that you will get to your goal no matter how long it takes, you should take the necessary steps to get there. The first thing that you have to fully understand is where you are going to. You have to define that goal. What do you really want to achieve? At this point, you must answer truthfully. You cannot aim to be a gold medallist in swimming when you don't even know how to swim.

To help you in setting your goals, it will be best if you fully understand your strengths and weaknesses. You should comprehend all your limitations. You must not be too hard on yourself by wanting something that you don't have the capacity to attain.

After you have defined your goals, it will be easier to plan how you are going to get there. But before you get serious, you have to analyse your current situation. Are you happy with where you are? Because if you are, maybe you should rethink why would you still want to go on a different path?

On the other hand, if you feel like you are stuck on your current job or situation and the circumstances where you find yourself, then you no longer have to think about what you should do. This is a very good sign that you have to move on. You have to get out of your current situation before it gets too late. Sometimes, people become too comfortable being in the zone where they are not required to excel. That should not be the case. This only means that you are no longer allowing yourself to grow. And when that happens, you may lose track of what makes you happy.

When you have reached the point that you have forgotten about what you really want to attain, you must check on your ideal self. Go back to the point when you were still not where you are right now. Who were you then? What did you dream of becoming and achieving at that point in your life? What were the things that made you happy and made you feel inspired? After realising what you have missed, you must then think about what went wrong and what happened which caused you to take a different route, farther than where you really wanted to go.

### Expand Your Horizon

No matter how young or how old you are, you still have chances to correct your miscalculations. You still can take action in finding your passion. You can always go back to the point when you have chosen to turn right when you were supposed to turn left. Go back at that point in your life. And this time, make sure that you will take the direction to the left with a more positive attitude that this is really where you want to be.

It is not that easy to know what you really want to do for the rest of your life. There are people who end up pursuing a very unlikely route while giving in to what they really want to achieve whenever they have time for it. The reason for this varies. For some, they want to pursue their passion only after they have gone through several failures.

**To help you, here are some tips that you can follow.**

**1. You should look at things around you.** Determine what or who inspire you to achieve whatever goals that you have in mind. It could be your loved ones or a specific person that encourages you to be better. What are the objects that create some sparks and enhance you to move forward? Use these objects and people in order to find out for yourself what you really want to happen. You can list down the things and people or places that may come to your mind when you are thinking about this so that you will keep track of what really matters to you.

**2. Think about happy thoughts.** Reminisce about the times when you were most happy in your life. What brought about such happiness? What made you happy? And while you are at it, you should also

think about when was the last time when you experienced such moment. If it has already been a long time, what do you think caused such state?

**3. You have to go back to the things that ignited your passion in the past.** Read your favourite book, listen to your favourite music, watch your favourite movie, play your favourite sport. Where are the best places to visit? Best people to see?

**4. If you are stuck in a job that you dislike then look back at the point before you entered this job.** What were you back then or what were you thinking to achieve at that point? If you have already saved enough, you may want to consider quitting your current job. This way, you can allot more time in pursuing the things that you really want.

**5. You have to be open to whatever possibilities life may bring.** You need to expect more than what you already have to stretch your comfort zone. This can be done by being bold enough to take a risk at a time. It doesn't matter how small or how big it is. Once you start following your heart and mind to reach to the point where you think you will be happy and satisfied, you are on the right track. And finding your passion will be easier in the long run.

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