



WORKBOOK

FIND YOUR

Passion

AND LIVE THE LIFE OF
YOUR DREAMS.

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Are you Struggling to Find What Your Passion in Life is?

Maybe you grew up in a working-class home where you watched your parents dutifully put in their shifts at “the plant.” They worked Monday through Friday from 9-5, just so they could enjoy the weekend off and two weeks at the campground each summer.

Or perhaps you went to university and studied law or marketing or biology, and now you feel trapped in a job you don't love. You'd like to change course, but what if you make the wrong choice? What else are you even qualified to do? And what about those student loans?

Here's another dilemma for those of you who feel like you're just “working for the weekend” and not pursuing your passion: How can you even know what you want to be when you grow up?

Sound familiar?

The truth is, there are so many people out there who trudge off to work each and every day, wishing they were anywhere else, and hoping one day to find what really inspires them. If that's you, you aren't alone!

But know this, too: There is still time to discover your passion and start doing the work you love - no matter where you are now.

YOUR OWN PERSONAL PASSION PROJECT

Let's start with a little brainstorming.

Head out to the park or a coffee shop, and take along your favourite notebook and pens. Find a quiet corner, and just let your mind wander. Do a little daydreaming.

Imagine that money is not a concern. You have enough to manage your day-to-day needs, with some left over for fun. You have the freedom to do anything you like with your days.

In your notebook, make a list of all the things you would do with your time if you could spend it any way you liked.

Would you paint glorious watercolours?

Would you go back to school and learn how to code?

Would you travel the world like I did in my 20s?

Would you raise money for rescue animals?

Would you be more self-sufficient and plant a garden?

If you get stuck, think about what you do on weekends and holidays. Everyone looks forward to relaxing and enjoying their favourite activities after the work week is done. What are the activities you most enjoy?

What did you love to do as a child? What dreams did you have that you put on the back burner when the kids came along?

Think about passion as energy. What activities energise you that you could do them all day and not even notice what the time is.

The purpose of this exercise is not to make a potential list of money-making opportunities, but rather to make a list of possibilities, so don't censor yourself.

Write down whatever pops into your head without considering if you can make money with it, whether or not you'll love it forever, or even if you have the skills or talent for it.

That is, after all, what brainstorming is all about. Unfiltered ideas. We'll sort them out later.

If I could spend my time any way I liked, I would:

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KEEP A JOURNAL

You probably already do this, but I want to challenge you for the next 30 days to keep a daily, purposeful journal.

Here's how that works:

First, set aside time each day for journaling. This can be first thing in the morning (great for planning), last thing before you go to bed (perfect for gratitude), or even right after lunch. It doesn't matter so much what time, but that you make an unbreakable appointment with yourself, and that you commit to doing the work—even when it feels hard or uncomfortable.

Next, rather than just random thoughts and events, try answering specific questions each day. This type of journaling helps you maintain focus, and will allow you to look back later and know exactly what works, what doesn't, and where you might want to focus your energy.

Some questions to ask each day include:

1. What was the best thing that happened to me today?

2. How did I make someone else's day better?
3. How could today have been better?
4. What's the one big thing I want to get done today?
5. What's one thing I did today just for me?

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6. Who made me smile today?
7. What has been my biggest achievement this week?
8. Fast forward to next year. What has changed about your life or your business?

You don't have to answer each and every question every day, and there may be others you'd like to add to your list. Have fun with it, and use your journal as a source of inspiration and reflection. Look forward to what you hope to achieve, and backwards at how far you've come.

Taking note of recurring themes in your journal is a powerful way to discover your true passion. If the most energising that happens to you every day is that you served a beautiful dinner to your family, then it's clear that being a mum and a great cook is one of your passions.

On the other hand, if your day could have been better if you didn't have to struggle with your accounting software, clearly bookkeeping is not something you would want to pursue.

Another thing to include in your journal is gratitude. Every day, you're surrounded with reasons to be grateful. It didn't rain until after your son's last soccer game of the season. You remembered at the last minute to take your new sweater out of the dryer and avoided disaster. That cold you felt coming on yesterday has passed without a full blown illness.

By noting the small (and large) things you're grateful for, it will help keep your attitude positive, and when you're happy, you're more open to discovering your life's passions.

One last point about journaling—embrace your creative side. Many people love to journal on a computer. It's fast and with you everywhere. But it also tends to be cold and impersonal.

Rather than using a bland old Word or text document for your daily journaling, consider creating a pretty paper journal instead. Buy pens in different colours, and fill your journal with not just words, but pictures and doodles and anything else that makes you happy. Collect fun stickers to add to your pages, use sticky notes for important points, and even tuck a photo or two into your updates to remind you of what you've achieved.

Remember, your journal is for your eyes only, and you'll be more likely to use it if it's as colorful and unique as you are.

Exercise: My Daily Journal Questions

In the space below, brainstorm the questions you'll base your journal on. Use the examples above, or write some that have special meaning to you.

My Daily Journal Questions Brainstorm

WHAT OTHERS THINK

When it comes to finding your true purpose and passion, what others think might seem like the last thing you should consider. But the truth is, what others think of when they think of you can offer valuable insight into your unique genius. And once you find that, your passion won't be far behind.

So think about the questions your friends and family and even Facebook acquaintances ask of you.

Do they come to you for assistance with their family finances?

Writing a resume?

Organising the kitchen?

Are you a sounding board for dating troubles?

Called upon for career advice?

Consulted when the family dog won't quit barking?

Whatever it is your friends and family rely on you for, they don't do it out of loyalty or because they don't want you to feel left out. They do it because they value your input and opinion. They know that you have not only a natural talent, but a passion for what you do.

EXERCISE: Discover your Superpower

Don't just ask friends and family what they think you're good at. Ask them what your superpower is. Everyone has one, and when you discover yours, you'll very often find it's closely related to your passion.

Superpowers can be anything. Maybe you're a good connector of people, with a knack for matching complementary businesses. Perhaps you're amazing at creating healthy meals even confirmed junkfood addicts love. Maybe you're simply a great listener who's able to help a friend through a crisis. Ask your friends, family and colleagues what they feel your superpower is. The answer might just point you to your passion.

LOOKING BACK

Imagine yourself at 90 years old, looking back on the life you've lived. You're surrounded by mementos of the past. Photos line the walls, your shelves are filled with trinkets and souvenirs, and your heart is filled with memories of a life well lived.

Your children are accomplished, and their children are happy and healthy. Your great-grandchildren are just starting to experience life for themselves, and if you're very lucky, they love nothing more than to hear the stories of your life.

EXERCISE: Write your Autobiography

Write your memoirs from the point of view of your older self. Don't worry about your creative writing ability, and don't stumble over spelling and grammar. Just spend some time imagining how you'd like to feel at that age, as you look back on your life.

Pay special attention to the events that made you feel powerful and gave you the greatest sense of accomplishment.

Did you do anything that changed someone else's life for the better? Who did you have a positive impact on? How?

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What was your favourite year? What happened?

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What do your children say is the most important lesson they learned from you? What's your favourite memory?

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What do you look back on fondly?

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What was your greatest accomplishment?

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If this feels too overwhelming for you, try breaking your life down into decades, and cover the most important points of each. You can always fill in more details later.

GET OUT OF THE HOUSE

In “The Artist’s Way,” author Julia Cameron reminds us that creativity cannot survive in a vacuum. She recommends writers and others spend time in nature, visiting museums, and other activities that “refill the well.”

When it comes to discovering your life’s purpose, you’ll definitely want to get out and try new things as well. Now is the time to try out all those things you’ve thought you might enjoy but never got around to doing.

- Take a yoga class.
- Train for a marathon.
- Learn to design jewellery or websites

Only when you try a variety of activities will you find those that bring you joy— and eliminate those you never want to do again.

EXERCISE: Plan for New Experiences

Start a list of things you'd like to experience. This can be a living document that you continue to add to as new ideas come to you. It's also the document you'll refer to as new opportunities present themselves.

But don't just list things. Make a plan and do them. Add at least one new experience to your calendar every month, then do what it takes to fulfil that obligation with yourself. You might just discover a favourite new hobby, or meet your new business partner in that yoga class. But at the very least, you'll be refilling your own well.

CHASE THOSE SHINY OBJECTS

Ask any business coach the secret to a better business, and they'll tell you it's focus. To be distracted by other opportunities or ideas is to dilute the power of your core business.

While this can be true in many cases, it can also cause the purpose-seeking entrepreneur to freeze in her tracks, unwilling to move in any direction for fear of choosing the wrong one. Much like the college grad who feels trapped in a job she hates, simply because that's what she knows, you'll only end up hating your business and wishing for a day job again.

Rather than wearing blinders to keep you laser focused every moment, take some time to explore other possibilities.

Look for complementary ideas that are a natural match for one another.

For example, one prolific and in-demand jewellery designer turned years of teaching and a passion for jewellery into a wildly popular training program for up-and-coming designers. Now she divides her time between creating stunning engagement rings and teaching others how to have a business they love.

Had she remained focused only on jewellery design, she would still be popular, and still doing what she loves, but the addition of the training course allowed her to find her true passion?

Don't be afraid to follow that winding path from time to time. You never know what you might discover around the next bend.

EXERCISE: Create a List of Future Projects

Productivity gurus call this a “someday” list. It’s the projects and plans you want to do, but not right now. Much like your new experiences list, this is a living document where you’ll record every new project that crosses your mind.

Some will be good. Most will not. And that is totally fine. The point is to not close your mind to the possibilities.

My someday List

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EXERCISE: Evaluate

One at a time, the various exercises in this guide will help you find those moments of true joy, where your mind and your spirit soar, and you’re able to feel as if you’re truly reaching for your life’s purpose.

But when looked at as a whole, you’ll begin to see themes emerge that will point the way to what you really want to do with your life.

Look back over your journal, your autobiography, your brainstorming session, and your superpower list, and ask yourself:

What recurring theme pops up time and time again?

(Examples of themes might be technology, children, crafts, animals, or fitness.)

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What superpowers do I have related to that theme?

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What is my favourite activity related to that theme?

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How can I spend my days doing more of that, and less of the stuff I'm not so fond of?

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