

What Really Lights You Up?

When you ask yourself this question, it's important to understand that there's no right answer. Everyone's response to this will be completely different, and each individual answer is PERFECT, so long as you're answering honestly. Another important thing to remember when it comes to passions is that sometimes they're not always obvious on the surface. You may have to dig a bit deeper to uncover the WHY behind what it is that you love about a certain thing in your life.

1) What things make you feel energized and excited to talk about?

2) If you could do anything you wanted (all day, every day), what would it be?

3) What activities bring you the most JOY and energy?

4) What were you doing the last time you felt really excited, energized, happy and passionate?

Who were you with, if anyone? Were you being creative? Expressive? Maybe building something? What was the subject matter, and was that what got you so excited? Was it that you were using your hands? Or maybe it was that you were having a positive impact? Maybe it's that you were in nature or with animals. Share as much detail as feels relevant to the question. :)

Diving Deep and Defining Your Whys

You're going to walk through this process for every single thing you wrote out that really lights you up. Don't skip any items, this will all be necessary for exploring the perfect business vision and model for you and what you want to create. Shortchanging yourself now will only lead to more work, heartache and frustration down the road, so take the time to work through everything. I strongly encourage you to go ten levels deep on each item, not just five. The deeper you go, the harder it will be to answer, but the more clarity you'll experience!

What really lights you up? _____

Level 1: Why? _____

Level 2: Why? _____

Level 3: Why? _____

Level 4: Why? _____

Level 5: Why? _____ *(keep going!)*

Level 6: Why? _____

Level 7: Why? _____

Level 8: Why? _____ *(you've got this!)*

Level 9: Why? _____

Level 10: Why? _____

Bonus points and massive clarity if you can go even deeper! Give me five more:

Level 11: Why? _____

Level 12: Why? _____

Level 13: Why? _____

Level 14: Why? _____

Level 15: Why? _____ *(ROCKSTAR!)*

Defining Your Overarching Theme

- 1) **Group your different passions, or “the things that light you up” into themes, narrowing them down into two or three main buckets.**

- 2) **Once you have those main buckets, come up with one overarching word that represents all the passions and interests combined in that bucket.** For example: the bucket with Writing, Mixed media art, Photography, Developing programs, and Leading groups could be represented by “Authentic Expression”. Or: Healthy living, Eating clean, Fitness, and Cooking could be represented by “Vibrant Living.”

- 3) **The last piece is to string your two to three buckets together to create a simple sentence, or short paragraph that sums up your overarching theme.**

What's Calling You?

With all the possibilities, desires and "shoulds," it can be hard sometimes to make sense of what your true calling is and what's simply a fleeting desire or whim. Desires and whims are important and can be excellent tools in guiding you toward what you need next in your life, but it's important to distinguish between the two.

1) What is it you feel compelled to do?

2) Sit with it and decide, has it been nagging at you or does it feel impulsive and random?

Callings draw you toward them. They start as a tiny nagging thought or feeling, then begin to consume your mind and drive your everyday life. They can't be ignored. You'll feel a sense of urgency and a strong inclination to follow a calling, whereas a whim is oftentimes fleeting. It may be too soon to tell if this is a new calling, so keep working through the questions. Start with: how does it feel?

3) What is at the heart of it?

Is it in line with your passions? Is it something you care deeply about? If so, it's likely a calling.

4) Is there an aspect of contribution? If so, what is it?

Whether you feel called to make art or change the course of global warming, all callings are about contributing to the world. Through your words, actions, presence and creations. This is why they matter.

Lifetime Achievement Award Exercise

You're at your very own lifetime achievement award celebration party where friends, family, colleagues, clients and customers have all gathered to celebrate you and the work you've done over the years. You reflect on your one fulfilling, amazing, passion-based career and business. Certain milestones and achievements warm your heart and remind you that you did your life's work in this world. You feel grateful, warm and fuzzy, and totally fulfilled at the thought of these milestones. They are the most important achievements. What are they?

Milestone 1: _____

Milestone 2: _____

Milestone 3: _____

Milestone 4: _____

Milestone 5: _____

Milestone 6: _____

Milestone 7: _____

Milestone 8: _____

Milestone 9: _____

Milestone 10: _____

Now, go back and highlight your top five milestones from the list above. This isn't to say that all ten aren't incredibly important to you, it's to get really clear on the most important of the most important.