

3 Steps To Find Your Passion



FREE eBook by Fiona Bennett

Pay Attention

Mindfulness is a practice that puts you into your life. When you are anxious or worried you are not in the present moment. You are remembering a grievance, hurt or mistake or you are anticipating one. Only by being in this moment can you truly experience and appreciate life to it's fullest.



Just imagine all the joy you have missed so far! It is time to notice your life. So, tune in. Begin to be mindful about little things that you enjoy EVERY day already.

Have you noticed the richness of the coffee as it passes each part of your tongue?

Have you seen the variety of colour in your child's eyes?



Did you ever notice how tenderly your spouse touches the nape of your neck and the sensation as his finger first lights upon your skin?
Start to pay attention.

Journal every evening about the things that made you smile, or tingle, or feel a spark of excitement.



Journaling is a great practice anyway.
Keep track of the things that YOU do
that make you feel a sense of pride and
accomplishment. What makes you feel
energized instead of tired each day?

You are building a list of what
you are passionate about.



Start your day with intention.

At the beginning of your day, take some time to CONTEMPLATE what you can do today that would be meaningful to you and write it down.

"Today I do commit to these things that matter to me:

1.) _____

2.) _____

3.) _____



At the end of each day CONSIDER how it went.

Did you fulfill your intentions?

Was it satisfying?

How did it help you or others?

What are you grateful for in the experience?

Would you like to do these things again?



You are an explorer - you have been
paying attention, you are contemplating
what matters to you, you are considering
what was fulfilling.



Now start to be discerning. Take a look at your discoveries.

Pick 5. Which 5 of these things really lights you up?

Write them down and put them in order with 1 being Whoo Nelly and 5 being a little less exciting.



Here's my list:

- 1.) Being with my Granddaughter/family
- 2.) Being in positive energy - my own and others
- 3.) Talking about spiritual stuff with people who are open to it - seeing people light up with joy
- 4.) Being independently able to generate an income - be able to provide for myself and help my family
- 5.) Learning new stuff



Do these seem like simple things? They are
and they are the things I am truly passionate
about. So?

So they inform my decisions about:

Where I will live

What I do for a living

The people I spend my time with

The activities I do in my non-working time

How much I work/don't work

Courses I will take

How I live my life HAPPILY



**Finding your
passion =
finding your
happy**



Take Action

Once I know what I am
passionate about, I have a
CHANCE to be happy.
Just knowing what makes
me happy makes very little
difference,
if I don't
DO it.



In fact, it can add to discontent to know and not act.

Once you know, it is time to ensure the things are in line with your values, and are good for your overall life and **set goals to get there.**



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It is super important to check
that you look at the BIG picture
when you set your goals.

**YOUR PASSION +
YOUR VALUES =
SUCCESS.**



Here's an example, if you are single, with no commitments maybe you decide to go on a backpacking adventure for a year.

Awesome, dude.

If you are a single mom, that's not so doable if you are going to stay in alignment with your family value. At least not now. It may become a "someday" goal that you work towards.



So what about now? You can still live with passion, you can still be happy, and stay in alignment with your values.

Planning a camping trip for you and the kids in 3 months - that is achievable and honouring to your life now.



Make your actions **match your passion**
and match your life.

If you are UNHAPPY with your life as it is
then it is reasonable to change it. **Think**
how you can change it responsibly.

If your passion includes being around
positive people and the circle you
are in now is constantly negative
there may be some endings
in sight. Remember that can
also be done with honour.



Get the resources in place that you need.
When you take action you want it to
SUCCEED. Everyone can live their passion.
Absolutely everyone. It takes
commitment, investment in yourself,
prioritizing, planning and support.
No one says it has to be done on your
own. Ask for help and give help
to someone else living theirs.



This is sometimes easier said than done.

And it is also one of the biggest things
STOPPING you from living the life you are
meant to live.

AND YOU KNOW IT.

When you know who you are, you have and
have a handle on your gifts and talents,
if you aren't already living it the only
one stopping you is YOU.



Know You Deserve It

You might be looking at your parents, your spouse or your boss and yes other people and circumstances can make it challenging.

Life is challenging.

Now, look in the mirror. What is reflecting back at you?

What is holding you back?

Do you see others do it and say to yourself "never me." Why?



Know You Deserve It

That is good information.

It is also often hiding deep down beneath layers of self-doubt, negative self-talk and fear.

It can be hard to get to by yourself.



Know You Deserve It

Until you shine a light into the shadows you will stay afraid and your passion will stay imprisoned.

I want to help you set it FREE! Working together we can quickly get to the fear, and past it. You will BELIEVE your worth and be able to TAKE ACTION.



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Know You Deserve It

Once you know you deserve to live a passionate life, guess what? You create one.

What are you waiting for? If you aren't ready, now, this instant to put your passion into action then let's get to work.

Contact me today.



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