

WUNNUP

5 STEPS
to finding your
PASSION

HELPING YOU FIND YOUR PASSION

When you scroll through social media, are you bombarded by posts showing happy people doing what they love? Do you ever wish you were one of them, but don't have the time or energy? Or, maybe you've been so busy with the day-to-day of modern life that you really couldn't say if you even have anything you are passionate about anymore?

Don't despair, friend, you do. It's just real easy to forget!

Whether your passion is something you could turn into a career, or a hobby that enriches your life, we want to help you light that fire. Use the guide below to identify your passion and make a plan to prioritize it in your life!

Make a list

1

There's nothing like a good brainstorming session to unlock the ideas we usually keep in a dusty old box. Use the questions on pages 4 and 5 as a guide to get the creative ideas flowing, and write down as many words that pop in your brain. No holding back!

One piece of advice, and it's very important: do not think, just write! If you let logic or reason start making their judgements, you'll just end up with a tear-soaked paper. Don't do it. Just let the words flow.

Clear out distractions

Sorry, but this is a tough love moment: shut down the Instagram and turn off the TV. Time to break the habit of the ways you usually unwind and make finding your passion your new go-to. It may hurt now, but trust, you'll be happy in the long run.

Creating new habits is challenging and takes time. We suggest moving the social media icons on your phone into folders or removing them completely. If you don't see them, they may not be top of mind.

Before queuing up Netflix or YouTube, ask yourself if your time could be better spent developing your passion, and if it will be more fulfilling in the long run? The answer is probably going to be yes!

2

Pick one to prioritize

3

Go back over your list, and circle a few words or phrases that call to you and give you a good feeling in your gut. Are there any common themes? If so, write them down. Pick one to focus on for now. Don't throw that list away, however, we'll be coming back to it!

Now let's work! You've already minimized distractions, so all that's left is to prioritize your passion. Use a calendar and block off 30-60 minutes a day over the next 21 days. This is your time, just for you to explore your passion. Whether it's an activity like sports or cooking, or learning more about a subject by reading and taking classes, show up for yourself every day. Big changes can happen in short amounts of time when done consistently.

Be patient, it takes time

Not seeing improvement or clarity right away? Don't get discouraged, just keep working on it. Life happens, and there may be a day or two where you feel totally derailed. That's ok, just get back on track the next day. You deserve the good that is to come from exploring things that actually matter to you.

4

5

TAKE ACTION & Do It

Look at you, doing all the things! The fun part about exploring what we care about is that our list may evolve and change along the way. Stumble across something else that excites you? Add it to the list! If the first interest you've chosen to explore starts to feel more like a chore than a pleasure, ditch it, and pick another from your list. The point is to find what fires you up, what makes you want to get out of bed in the morning, and as an ever-changing being, your interests may change as well.

You find your passion by developing it through trial and error. It's a journey. Keep trying new things!

Tell us about it! We want to hear about your passion, and how you are showing up for it each day. Join us on instagram **@wunnup**, and let's hold each other accountable!

Worksheet

Print pages 4-5 and then fill out the questions!

What passions do you have that you are already aware of?

What subjects are you interested in?

What's your favorite book, and why?

What do you love talking about, so much that you feel like you never want to stop?

What gives you an endorphin rush?

Think about the last time you felt proud, what had happened?

What skills do you have?

What do you like about yourself?

What do other people like about you?

In what ways do you like to help others?

If money wasn't an issue, how would you spend most of your time?