



Your Next Chapter NOW!

Make life and career transitions
with clarity and confidence

Find Your Career Passion



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3 Steps to Find Your Career Passion

Have you wondered why it's worthwhile to try to find your life and career passion?

There's so much written about it.

Maybe your life isn't so bad. But you have probably had the feeling it could be better. You know something's missing. You can't put your finger on it, but there's an emptiness or a sense of life not being complete or as good as it should be.

But if you've never found your life passion it's hard to know exactly what you're missing.

I do know that finding and living my life passion makes a huge positive difference in my quality of life. Because I'm living my life passion:

- I wake up excited about what the day will bring.
- I love the work I'm doing.
- I have a sense of purpose.
- The day flies by as I lose track of time — I'm in the "flow."
- I don't sweat the small stuff because I'm so wrapped up in my passion.
- I am happier and more energetic in general.

How can you find your passion and connect with what's meaningful for you?

Wikipedia defines passion as an intense emotion, compelling enthusiasm or desire for anything. Urban Dictionary says it's when you put more energy into something than is required to do it.

These definitions seem one sided. If you were always giving your all, you'd be depleted of energy. Something else is happening. You are actually being fueled by your passion. It gives back as much energy or more than you put in. You are naturally energized by your passion – so you want to do more of it.

Let's look at what passion means when applied to career.

If you are in the right job it's not just about putting energy into your work. Your work is generates energy for you – you get your energy from it.

The process to assess our life and career is rarely easy but especially in midlife, it's healthy and necessary to rediscover and replenish our energy, creativity and passion for life and work.

Most likely you are reading this because you've taken the initial step – you have recognized and acknowledged that it's time to take stock of where you are. You have stepped out of the sidelines and got on the path to search for your life and career passion.



"If you can't figure out your purpose, figure out your passion. For your passion will lead you right into your purpose." ~Bishop T.D. Jakes

Step 1 - What do you love?

Often when we try to get to the heart of the matter, we're too close for a clear perspective. We tend to narrow our thinking. Using questions seemingly not directly related, we come at it sideways. We're looking to find what fires you up.

Complete the following questions without over thinking the answers. Don't edit your responses. Forget about what you think is possible. Feel free to mix answers from life and work, current or past jobs. Just be completely honest. There is overlap between some questions. Multiple answers are fine.

1. In my spare time, the activities I like best are ...
2. The things that always motivate me are ...
3. I have often been praised for ...
4. I am particularly good at ...
5. I love to ...
6. I am known for ...
7. I am excited about ...

8. I have a natural ability to ...
9. I'd gladly stay up all night to talk about ...
10. What motivates me most is ...
11. Other people often tell me I should be a ...
12. My book case is full of books on ...
13. I like this about my job ...
14. My favorite movie is ...
15. The people I admire most are ...
16. The most meaningful experience I've had is ...
17. If I had unlimited resources and knew I couldn't fail, I'd ...
18. If I die tomorrow, I would regret not having done ...

Step 2 - Why, Why, Why?

Did you enjoy that exercise? It's fun to get reacquainted with what brings joy to our life. Now we're going to take it deeper. This next exercise will be harder but it will actually be more revealing.

When you go about creating a career that energizes and inspires you the problem is that *what* you love to do doesn't tell the whole story. It's just the surface. If you stay here, you'll only look for obvious choices and too often focus on job titles not the substance.

Let's use an example of question #1. Two people say they love to garden in their spare time. However when looking deeper, the reasons are totally different. One person loves the detailed planning and design aspect. The other loves feeling spiritually close to the earth while digging around. The "why" starts uncovering what is unique to you.

It's really about *why* you love it. That's the only way to understand how to bring more of *you* into your work. You need to understand where your energy comes from. Only then can you make conscious, intentional decisions that align what energizes you.

There are 2 ways to approach this step. One way, apply Round 1 to every answer in Step 1. After the entire Round 1 is complete, move on to Round 2 and so on through Round 5. The other way is to apply all the rounds to the first answer until you get through 5 rounds. Then move on to the next answer and perform all the rounds on it and so on until all the answers are analyzed.

Round 1: Pick one answer from above. Ask, "Why do I love this? Why is it so energizing?"

List all the reasons you can think of.

Round 2: Go back to each reason and ask "why?" again.

Round 3: Go back to each reason and ask "why?" again.

Round 4: Keep digging deeper. Don't be tempted to stop until you are at 3 or 4 layers deep.

Step 3 - Your Energy Sparks

Your initial answers may have seemed a bit disparate with only some connection. By peeling back the layers, you'll start seeing common themes in why you love what you love. Recurring reasons will show what your answers have in common. You'll find your core values, motivators, and energizers.

List the common themes:

These are your Energy Sparks. This is what's under what you love to do. This is what energizes you. This view of who you are allows you to look at your career in a new light. Your career perspective shifts and opens up new possibilities. When you think of your career through this lens, the job simply becomes a vehicle for you to experience what energizes and lights you up.

Re-energize or Reinvent

Using your Energy Sparks, evaluate your current job. Do they give it a different perspective? Where in your work do you or can you find your energy?

If you are out of work, evaluate what you just left to understand if finding a new position in the same field would be right for you. Looking at your Sparks may start to reveal a more meaningful and energizing career of field of work for you.

Next Step Forward

You are now in a position of awareness and strength. You know where your passion lies. Now you need to find out how to build it into your career.

In your current job, what is one thing you can do today to enhance or change your current situation?

If you are thinking you need to re-invent your career, you might start your research on the internet. List your initial search words.

Start talking with people about your new ideas. Put the word out there. List at least 2 people to have a conversation with about your new found passion.



“My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style.” ~Maya Angelou

Are You Ready to Start?

You've just taken the first step. To successfully transition your career is a longer journey. If it was a simple fix, you would have done it already. Changing your career is possible. It requires preparation, focus, mindset, and taking the right steps, one step at a time.

Every day I help midlife women transition into a new career and I can help you, too. I will be your partner every step of the way, holding you accountable while using my proven, time-saving step-by-step process, tools, and powerful coaching to help you reinvent or reenergize your career faster!

My process results in clarity and confidence to make the career change you desire. Clarity is the catalyst to action, because with clarity comes commitment. When you're confident and committed, action takes surprisingly little effort because decision making becomes easier.

Find Your Clear Path

I designed my CLEAR Path signature coaching process specifically to guide midlife women to their desired outcomes in the shortest amount of time. It's an integrated model of coaching, exploring many aspects of your life as well as career. I hold you accountable as we go through every step of your change process from self-discovery through transition into your new or reenergized career.

It can help you:

- Clarify your life and work values, purpose and mission
- Create a vision for your future life and career that honors who you are and what you want
- Identify the unique attributes, strengths, and skills that set you apart
- Explore career options matching your passions and skills
- Develop a differentiating brand and self-marketing plan
- Develop goals and an action plan for career reinvention or reenergizing—and ongoing career management

Ultimately, I can help you bring balance, energy, focus, passion and creativity into your life and career.

Successful transition to your next life chapter occurs when you know where you are headed, have a clear path with a plan and steps to get there, have addressed any obstacles and blocks, and are persistent about achieving your goals.

It's never too late to reinvent yourself professionally but it does take discipline, perseverance, and a willingness to take a chance on yourself. There's an urgency at this stage of life to find a path to your next chapter.

This is your time to take charge of your career and life journey. Don't have regrets later. If not now, when?

I'd be honored to be part of your adventure!

To learn how we can work together, please go to my website and request a free 30 minute Discovery Session. <http://www.YourNextChapterNOW.com>

Diane



'The only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know when you find it.' ~Steve Jobs

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