



## Designing your life with passion

A few simple exercises  
to identify passions in your life

Thank you for taking the time to read this today. Consider thanking yourself for reading this as well! Identifying your key passions in life is a crucial component to living a fulfilling life of purpose.

### The one and only way to identify your key passions:

*Your way*

That's right, there's no "right way" to finding your passions. There are many ways they may reveal themselves to you. You may already be living some of your passions. But if you feel somewhat unfulfilled, chances are you're missing something. And that feeling – no matter how well you try to suppress it – is an indication that you're not living life to its fullest.

So what I intend here is not to tell you how to live your life, or not even how to find your passions. Instead, I am suggesting a few strategies that may successfully guide you toward your passions.

## Why is it important to find my passions?

- **This is part of your life purpose**  
You are made a special way by whatever force you believe – God, nature, evolution – with a unique combination of gifts and experiences. It's only up to you how you use your one and only self.
- **You deserve what you are meant to be and do**  
While 'responsibilities' are important, they can get in the way of your life purpose. Is it really true you can't pursue the arts *and* be a good mother? By not fulfilling our own life purpose, we are not fully able to give ourselves to those we love, because we are not whole.
- **One day.... Your life will end.**  
This requires being blunt.  
What do you want your legacy to be?  
Do you want the world or your family or friends to be indifferent about your life?  
Do you want to be remembered for something positive?  
Do you want to be an inspiration?  
Do you want to live on through something you've created or impacted?

It is only up to you.

## Setting

For these exercises, I suggest taking yourself away from your routine.

- Find a quiet place
- Turn on some relaxing music without vocals
- Find a comfortable place to sit
- Consider finding a comfortable place outdoors (forest, shore, summit, overlook, bird sanctuary)
- Turn off your communication devices
- Abstain from tobacco, alcohol, caffeine, sugar, pain relievers for as long as comfortable before and during your time
- No self-criticism. Your honest answers are the right answers.
- Use a piece of paper, notebook, or journal for your exercises. Avoid digital media to avoid distractions.

## Exercise 1

I feel perfect

Complete the following phrases with whatever feels right. Use one or all prompts as many times as needed.

I feel perfect when...  
I am complete when...  
I am whole when...  
I lose track of time when...

After reflecting, tease out descriptive parts of each. Connect any related ones. These descriptive parts will likely point to your primary passions.

## Exercise 2

### Wealthy and Free

Consider the following scenario. Write down your actions.

Tomorrow you wake up and are endowed with an amazing amount of money that is fully managed and tax free. You distribute wealthy sums to all dear friends and family, shell away any extra for the future of your children if any. After taking care of all monetary needs of your family and friends, you are still left with fifty million dollars.

You realize you have enough that you likely have no further financial burdens in your life. With this sudden change in your life, what do you now do with your life?

Who would you spend your time with?

Where would you spend your time?

What would you do?

What would you accomplish?

After reflecting, consider what you wrote down. What you choose to do when there are no major commitments is an indication of where your passions lie.

### Exercise 3

#### Remember When

Take time to reflect on your childhood. Think back to your positive memories. Your happy memories. Any 'perfect' feeling memories.

Try to remember specifics, especially about what you were doing and the people involved.

What did you think you were good at?

What did you want to be when you grew up?

How did you think about yourself?

What were your favorite things?

What did you collect?

What did you practice or emulate?

In addition, get an old friend or family member that you were close with to share some memories as well. What did they think you were good at?

What did they think you would become?

How did they perceive you?

Write down what it is you were doing in each of these memories.

Look for any similarities between the memories and stories that may point to early passionate interests.

## Exercise 4

### The book test

This one is not for the faint of heart, but it will certainly help you determine the intensity of your passion.

Go to the library. I think in-person is better than digital, at least initially. A library is cheaper than a bookstore as well.

Go to the Non-fiction section. Begin browsing book sections until something pops. Maybe you already know a few areas of interest. Ta-Da! That may be an indicator!

Once you find an area of interest, check out a book or two. After you've read them, consider how interested you are in the subject area after reading. Still interested? Go back and check out a few more on the topic. Read those and re-assess. Still interested? Perhaps you've discovered a passion.

No longer interested? Keep browsing until something pops.

I know, non-fiction can be really boring. But if it's something you're really interested in, you may not find it so boring.

## What to do with your newly discovered passions

First, I suggest making sure you write them down. Take some time to reflect on them to see if they seem to fit.

After you feel more comfortable, consider actively engaging in incorporating one or all of them into your life in some way. This can be a subtle change or more abrupt if necessary.

Just make sure you are committed to taking care of yourself. As long as you continue to listen to your heart (you just did, by the way) it will guide you in the right direction.

As you grow and change, your passions may ebb and flow with your life. You may accomplish certain things that influence what you are passionate about. Make sure to steer your life accordingly and keep in touch with your passionate guide inside.

## What if I tried these exercises but didn't find my passions?

First, don't freak out. It may just take time for you to become more aware of what drives you. Take the time to reflect, understand, read, and listen. If you create the appropriate space, your passions will help steer you in the right direction.

If you're still looking for more, perhaps you can check out the following resources:

<https://michaelhyatt.com/find-your-passion-in-three-steps.html>

<https://chrisguillebeau.com/emilie-wapnick-how-to-be-everything/>  
<https://thepassiontest.com/>

Do everything with passion, and make tomorrow better than today.

Cheers,  
Ben Hale

Aesthetic Ecosystems  
[aestheticecosystems.com](http://aestheticecosystems.com)

