

CHANGE THE WORLD

*Finding your passion and using
it to help others*



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"LOOK YOURSELF IN THE
MIRROR AND ASK
YOURSELF, WHAT DO I
WANT TO DO FOR THE
REST OF MY LIFE....
DO THAT!"

-GARY VAYNERCHUK

FINDING YOUR PASSION

F: Finding your passion

Throughout the book and probably throughout your life, you have heard “follow your passion” or “follow your dreams.” But what if we don’t know what our passion truly is? Like I mentioned before, the world today has presented so many different opportunities and hobbies that it often blurs our true interests and beliefs. If you fall into this category you are not alone. According to insidehighered.com “Almost a third of first-time college students choose a major and then change it at least once within three years”.

Whether you are still in High School researching possible professions for the first time, a college student reconsidering your major choice, or a working professional rethinking your current career path, we have all had the same question on whether or not the path we have chosen is right for us.

I always knew that changing majors was common in college and even after graduation but I never

realized how prevalent it was until this summer in my freshman orientation at San Diego State University. I walked into a massive lecture hall with over 1,000 students accompanied by our parents, my future classmates and at the orientation, we were seated by college majors. Business students on one side, Engineering students on the other, etc. Each section was assigned a leader who taught us a chant to kickoff the event.

The orientation started, and each college screamed their chant. Then the last group stood up which seemed to take up more than half the room. The chant went a little something like this...

Leader: "Who are we?"

Students: "Undeclared!!"

Leader: "What do we want?"

Students: "We don't know!!"

At the time, the chant was hilarious but on my car ride home, I began to reflect on what I had witnessed. Almost half of the students had no idea what they were going to school for. I then realized that it wasn't just the undeclared students who were unsure of their future but rather the vast

majority of students who really had not found their true passion yet, myself included to some extent.

In the months that followed I sought answers from friends, colleagues, and classmates to find out how many people had truly found their passion and were pursuing it.

“ *Identifying this passion was not easy but the pursuit of discovering it started by taking action at a young age rather than waiting to find it when I was older.* **”**

Based on my past experiences, interests, hobbies and talents I know I want to pursue a career in the business field and create a company built on the ideals of making a difference in the world.

Identifying this passion was not easy but the pursuit of discovering it started by taking action at a young age rather than waiting to find it when I was older. After interviewing several mentors and successful businessmen who have made an impact in their communities I began to see a pattern. Those who had achieved success and were living fulfilled lives started searching for their own path in life rather than waiting for society to tell them what they could or could not do.

What actions can you take now to start your passion seeking journey? It is extremely important to not only identify the things that you like but equally important understand the things you don't like. This has helped me refine my career paths and ultimately find my passion

Reflect: I received a text from an old friend. After a semester of college, she was considering changing majors and wanted my advice on how to find a career she truly loved. I had been set on what I wanted to pursue for so many years I never really thought about the steps I took to find my passion. At first I had no idea on how to even begin giving advice on this topic.

After thinking about it for a few days, I finally came across something that I couldn't wait to share. I immediately texted her back with a rush of

inspiration, hoping that by asking her this question, it would clarify her concern.

Me: “What would a perfect day in your life look like?”

Her: “I’d wake up with an hour to get ready, do some admin stuff, play with kids, and then have the rest of the day to play music and dance”

Me: “What do you mean by admin stuff?”

Her: “I don’t really know, probably have some meetings”

An array of career paths crossed my mind that might fit a similar lifestyle she dreamed of. The main points I got from the original question were these

1. “I’d wake up with an hour to get ready”

- With this statement I knew that being in control of her time was a key factor. She wanted a career that would not take time away from the things she loved.

2. “Do some admin stuff”

- From this quote I could tell that administration and organization was a skill she had, not everyone has this skill

or ability, in fact organization is one of my weaknesses.

3. “Play with kids”

- Spending time with kids is a skill that is seen in teachers, counselors, and pediatricians amongst others. My mom was a kindergarten teacher for years and I would always admire her ability to hold their attention and engage them despite the fact that they were 4 and 5 years old.

4. “Play music and dance”

- Creativity and love for the arts are also a distinct characteristic some people hold dear, including my friend, but just like everything else it is not for everyone.

The answer she gave was raw and I could truly see her speaking from the heart. After analyzing her answer to this simple question I recommended her to find people who have the opportunity to engage in these activities daily. She could go to work with them for a few days and be vigilant of what that career entails, this is called ‘shadowing’.

Through shadowing the people who are already in the position you wish to be in, you can find out one of two things. Either you truly love what they do or

you identify the things you don't like and modify your original answer.

Without picking a career path, I want you to answer the same question with the first thing that comes to your mind...

If you had one chance at creating the perfect day, What would a perfect day in your life look like?

Once you have that picture in your mind, now think of people you know that are currently living a life similar to the one you dreamed up. Who do you know has the ability to engage in the activities you like, make the impact you want to make, drives the car you want to drive, has the values that you believe in? Think of uncles and aunts, teachers, business people, family friends, parents etc.

Make a list of those people below:

Name	Phone or Email
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Now I challenge you to call one of these people this week and have a genuine conversation and ask them questions about their story, how they got to where they are, and what they enjoy about their position.

If you want to go even further, ask if you can shadow them to see first hand what they do. This is an ideal first step in finding your likes and dislikes. This is the first step in finding your passion!!!!

The following is a script on how you may approach this phone call:

Hi _____, you may remember me from
(Contacts Name)

_____. Lately I have been
(Where you met them)

discovering my talents and passion and am really interested in _____.
(Your Passion)

I wanted to ask if you have any advice on pursuing a career similar to yours?

What things do you like or dislike about your career?

What were some obstacles that you have overcome to get to where you are today?

With your schedule permitting, would there be any opportunity I could shadow you for a few hours to see what you do first hand?

If you have an idea of what your passion is write it below:

If you are still having trouble dreaming up the perfect day and finding a passion, you can visit the website below to take a career test. Within 5-10 minutes of answering simple questions based on your interests you can be introduced to careers that most match your passion... give it a try!

www.yourfreecareertest.com

Even Superman has to be Clark Kent

One of my mentors once told me, “Even Superman has to be Clark Kent”. What does this mean? This quote was an analogy that explained how everyone must work in order to pursue their passion. Just like Clark Kent has to be a journalist to make money in order to pay for his tight pants and a cape.

Some of you may be wondering “If I follow my passion how will I pay my bills in the future?”

It is important to always remember that there are countless career paths relating to your passions. What you must do first is extract the characteristics from your passion and relate them to particular fields.

Let's take the example from the elementary schooler who wanted to be a Ninja

Passion: NINJA

Characteristics relating to career paths:

1. Protecting others

- Fire Fighter
- Police Officer
- Military

2. Athleticism

- Professional Athlete
- Sports Coach
- Fitness Trainer
- Acrobat

3. Martial Arts

- Martial Arts Instructor
- Stuntman
- Professional MMA Fighter

Just with this simple example we have seen that even a dream that sounds farfetched can still be monetized. Below write down your passion, extract

3 characteristics, and try to find careers that involve those specific skill sets.

Passion: _____

1. Characteristics One: _____

Career One: _____

Career Two: _____

Career Three: _____

2. Characteristics Two: _____

Career One: _____

Career Two: _____

Career Three: _____

3. Characteristics Three: _____

Career One: _____

Career Two: _____

Career Three: _____

To learn more about your strengths and skill sets make sure to visit the website below and take the 'Strength Finder Test'

www.Thrively.com