20 CREATIVE EXERCISES FOR FINDING PURPOSE AND PASSION IN LIFE

1 WORK OUT WHAT YOU HATE DOING

List the jobs or tasks that you absolutely loathe. Once you have eliminated these options, your true passion may become more clear.

2 LOVE EVERYTHING YOU DO

When you commit to love everything you do, you strengthen your "passion muscles" and open up a divine channel so that what you're meant to do can be revealed.

3 SLOW DOWN

This might mean practicing yoga, going for daily walks, or setting aside time each day to meditate. Slowing down allows you to quiet the outside voices and listen to yourself.

4 MAKE A CREATIVITY BOARD

Start by taking a large poster board, put the words "My Passion" in the center and create a collage of images, sayings, articles, poems and other inspirations.

5 MAKE A LIST OF PEOPLE YOU ADMIRE

Think of all the people you know personally or whose inspirational success story you've heard about, whose career you would most like to emulate.

6 EXAMINE THE THEMES IN YOUR LIFE

Look at your collections, the magazines you like to read, the music you listen to — even your credit card statements. Notice any recurring themes?

7 REMEMBER WHAT YOU LOVED AS A CHILD

Think about what you loved long before you had to worry about your family or career or bills. Get back in touch with that inner child!

8 FOCUS ON THE FUN

Too often we get wrapped up in the expectations we set for ourselves instead of what is most important. If you could do ANYTHING, what would you be doing RIGHT NOW?

9 ANSWER THESE QUESTIONS

What would you try if you had no possibility of failing? What could you read 500 books about without getting bored? What could you do for 5 years without getting paid?

10 WRITE

Ideas flow more freely when we write without an agenda. Spend a few minutes of quality time each day with a pen and paper allowing yourself to process your thoughts without influence from the outside world.

11 TRY VISUALIZATION

Imagine yourself getting up early, jumping out of bed, excited about going to work. Now work out where you are going and what kind of job follows on from that feeling of anticipation.

12 OWN YOUR UNIQUENESS

We're here for a reason. No one else has your unique blend of talents, wisdom, strengths, skills, and creativity. Own what makes you unique and share your gifts with the world.

13 ASK YOUR FRIENDS

Ask people who know you intimately (the honest ones) what appears to make you happiest. Their answers are often quite surprising and enlightening.

14 CULTIVATE CONFIDENCE

If we are continually telling ourselves we can't, then we will never believe we can. Create affirmations, focus on the things you want, or make a vision board that shows your future success.

15 BELIEVE IT IS POSSIBLE!

People often don't pursue their passions because they don't believe it's possible. Uncovering your life's passion is one of the most important endeavors you will ever undertake.

16 PUSH PAST FEAR

I'll do it when I have more experience, more money, more time...we must identify our excuses as fear. It's only when we recognize how our fears are holding us back that we can begin moving forward.

17 SUBMERSE YOURSELF

Attend networking events, watch online seminars, connect with contacts in your field of interest, job shadow, find ways to volunteer, and ask lots of questions!

18 LET GO OF THE "ONE"

Let go of thinking there's only ONE thing that you're meant to do. Don't be afraid to let your passions evolve, even if you were sure you already embarked on your purpose in life.

19 QUIT TALKING & START DOING

Taking action on your passion requires little money. Articles, videos and writing take only time, effort and focus. Beginner classes are inexpensive, and sometimes free!

20 NEVER QUIT TRYING

Success doesn't come easy, so keep trying, and you'll get there. You will have found your calling when your life story influences your work, and not only the other way around.