

FIND WHAT YOU LOVE

5 TIPS TO UNCOVER YOUR
PASSION QUICKLY AND EASILY



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Introduction

Do you wake up each day ready to fulfill your mission or do you prepare to head for a soul-crushing job you can't wait to retire from?

A little over a year ago, as I'm writing this, I was sitting in an office staring at a monitor wondering what I was doing there. At the end of the week, when I looked back and tried to determine what I had accomplished, I couldn't come up with anything significant.

What the heck had I done during that week?

Not only was I rather incompetent at what I was doing, but I couldn't find any meaning in it. I certainly couldn't imagine myself staying in the same situation for the next three decades.

Something had to change.

While working full-time, I used my mornings, evenings and weekends to build my online business. During this time, I learned the difference between doing something I hated, and I wasn't very good at, and doing something I was passionate about.

It was like the difference between night and day.

This is when I truly realized how important it is for people to know their strengths, talents and values and, even more importantly, to craft a compelling vision for the future that aligned with these capabilities and standards.

Sadly, too many people will never play their music to the world. They will die with the music still buried inside them, only scratching the surface of what they're truly capable of achieving. They will never identify their strengths and use them to design a meaningful life they genuinely enjoy.

Now, is this how life is supposed to be? Are we doomed to repeat the same old routine every day because it's what we've been told to do?

I believe we came to earth to express ourselves to the fullest. Finding our passion is choosing to express ourselves to the world rather than hiding the beauty of who we really are because of fear.

While a job comes with its TGIFs, depressing Monday mornings and long-awaited vacations, an exciting career doesn't. That's exactly the type of career I want you to design—a career and life you love and don't need vacations from!

Consider the following questions:

If retirement didn't exist and you had to work until the day you die, would you still be doing what you're doing right now?

If not, what would you be doing instead?

Why wait until retirement to finally enjoy your life? What if you don't survive until retirement? In truth, many people won't. And what if retirement is not the panacea you thought it would be?

Instead of gearing your working life toward a long-awaited retirement, why not act as if retirement didn't exist and live your life

accordingly? Why not make a commitment to design a meaningful life and a career you enjoy *right now*?

My goal in this book is to help you find your passion and utilize your talents, not only for the greater good but also because it will make you happier!

I want to help you find career you never want to retire from because you love it so much.

Now, let's have a look at five powerful tips that will allow you to discover your passion and, ultimately, design a career and life you love.

Are you up for it?

Tip #1 - Identify your strengths

This might sound obvious, but you would be surprised by the number of people who don't know their strengths.

Knowing your natural strengths is important as it will help you uncover your passion and identify what you were meant to do with your life. Below are a few questions to help you do that:

1. What comes easily to you?

Have you ever wondered why others can't do some of the things you find easy to do? Perhaps, this is because these things are easy to *you*, but not to them.

Have you ever received compliments while thinking what you did was no big deal? Maybe, you even thought that anybody could have done the same thing.

Wrong! This is so often not the case.

I encourage you to identify things you can do almost effortlessly. Avoid dismissing anything. Often, the things you find easy to do are where your natural strengths lie. You're just not aware of it because it sounds too simple. In fact, you could be a few seemingly "insignificant" strengths away from transforming your life.

So, what *are* your unique strengths?

Is it your ability to put things together? Your boundless creativity? Your insatiable desire to learn? Your ability to listen to people? Your

attention to detail?

Action step:

Take the following question *very* seriously:

What skills come so easily to me that I genuinely can't understand what's the big deal about it?

Answering this question will give you powerful insight. Although you might not come up with answers right away, keep the question in the back of your mind.

2. What people around think you're good at?

Looking at yourself objectively can be difficult since you have blind spots that may prevent you from identifying your strengths.

If you can't figure out what your strengths are, why not ask people who know you?

Ask your family, friends or work colleagues to tell you what they think your strengths are. You might be surprised by their answers. Again, don't dismiss anything. If you catch yourself thinking, "Can't anybody else do that?" you might be onto something.

Action step:

Send the following email to family members, friends and/or colleagues of your choice. Feel free to use the following template or to create your own:

Hi _____,

I hope you're doing well.

I'm trying to identify my strengths so I can leverage them to design a more fulfilling career. I really need outside perspectives on what you consider I am really good at.

I'd really appreciate if you could provide me with honest feedback and give me a list of the strengths you think I have.

Please don't be afraid to tell me anything that comes to mind.

Thanks so much for your support.

Warm regards,

3. What do you enjoy doing?

What do you enjoy doing the most? When are you the happiest?

To help you find out the things you love to do and connect them with a potential passion, complete the following exercise.

Action step:

Write down twenty things you love to do. Again, don't dismiss anything. Write down anything that comes to mind even if it doesn't seem relevant.

Now, for each item you wrote down, ask yourself:

“Why do I like this thing and what does it say about me, my values and the things I care about?”

Also, look for commonalities between these twenty things. Do they reflect similar interests? Are they linked to specific core values?

This simple exercise can tell you a lot about your passion.

Tip #2 - Look at what you do willingly/naturally

Observing what you do of your own volition is a powerful way to identify your passion. Let's look at two questions that will help you discover what you do willingly or naturally.

1. What do you do during your spare time?

What do you do after work or during the weekend? How would you spend your time this week if, for some reason, you didn't have to go to work?

What you enjoy doing naturally, when no one else is telling you what to do, is a great indicator of what you are passionate about. For instance, my mother spends her free time reading history books and novels. A long time ago, she won a poetry contest and started writing a book, (sadly, she never finished it, though).

There were many jobs she would have enjoyed doing, such as working in a library, writing books, or perhaps being a researcher, but she never did any of these things mainly because she lacked self-confidence.

Similarly, many people I know could have created fulfilling careers using their talents and strengths, but most of them didn't, because they either lacked confidence or didn't recognize their strengths.

You may also know people who aren't pursuing the right career. Sometimes, the right career for them is obvious to you, but not necessarily to them. This is why I asked you to get an outside perspective by sending emails to people who know you.

What about you? What do you do during your spare time? What are your hobbies? Are you involved in charity work?

Action step:

Write down the activities you like to engage in during your spare time. What can you learn from them? What do they say about the things you're passionate about?

2. What do you volunteer for at work?

Have you ever volunteered for something at your current job or at previous jobs?

Perhaps you organized an event, created a newsletter or launched a new project. Whatever you volunteered for may tell a lot about your passion(s). Consider spending more time doing these things in your current career or designing a career that would allow you to do so.

For example, at my first job in a Prefectural Office in Japan, I created a newsletter in which I discussed the differences between the French and the Japanese. I didn't have to, but I did it because I thought it would be interesting. It demonstrated my interest in writing and human psychology. At the time, I had no idea that later in my career, I would be writing articles and books.

Action step:

Make a list of all the things you volunteer(ed) for at work or are considering volunteering for. Then, next to each activity, write down why you enjoy these activities and what they say about your strengths. For instance, if you created a newsletter, is it because you

enjoy writing or is it because there is a certain topic or cause you're passionate about?

Tip #3 - Identifying the unique way you express yourself to the world

I like to define passion as how you express yourself to the world in a way that gives meaning to your life and makes you feel alive. The following three questions will help you identify your unique means of expression.

1. What unique gift do you want to give to the world?

I believe we're here to give our unique gift to the world. Identifying your gift is a great way to uncover your passion.

So, what is it that only *you* can do? Do you have a vision you've never told anybody about? Can you inspire others? Lead a team? Create art? Educate children?

This could be your unique gift.

Hint: try to listen to your intuition. It often knows more than you do.

Action step:

Write down all the things you believe only you can do. Don't dismiss anything. Success lies in the detail. There is no perfect answer. Simply write down what comes to mind. What are your gifts?

2. How do you want people to feel?

Another way to identify your passion is to think of the way you want other people to feel as a result of the work you do or the person you are.

How do you want people to feel? Do you want them to be happier? More confident? To laugh more?

How could you design a career that allows you to make these people feel the way you want them to feel?

Action step:

Write down how you want people to feel. Feel free to come up with as many answers as you can. Then, select the answers that resonate with you the most. Maybe rank them in order of importance.

3. What impact do you want to have on the world?

If you could change only one thing in the world as the result of your existence, what would that be?

That one thing you want to change could be:

- People's mindset or feelings, (e.g. by envisioning a world where people are more compassionate, confident or happier).
- Poverty (by eradicating it)
- Environment (by eliminating or reducing pollution)
- Etc.

Action step:

Write down what you would change in the world if you could change only one thing. Brainstorm several ideas with friends if you need to.

Tip #4 - Observing your emotions

Studying your emotions can help you uncover your passion. To do so, you need to take a closer look at the following emotions:

1. Jealousy

Feeling jealous suggests someone else has something you want. Thus, doesn't it make sense to find out who you are jealous of and what they have you desire? More specifically, you need to look at people who have a career you envy. This can often direct you toward something you're genuinely passionate about.

For instance, in her book, *Quiet*, Susan Cain explained how she was jealous of other writers. At the time of writing, she was still a lawyer and, even though most of her lawyer friends wanted to climb the corporate ladder, she had no interest in doing so. She wanted nothing more than to become a writer. Eventually, she did exactly that.

Similarly, I felt jealous of personal development bloggers because they were making a living by studying human psychology and helping others, which is exactly what I wanted to do. I felt a strong pull towards creating a similar career, and I ended up launching a blog in 2014 before quitting my job in 2017 to become a full-time writer and life coach.

What about you? Who are you jealous of? And what does this say about your passion and what you might want to pursue as a career?

Action step:

Write down the name of people you feel jealous of because of the career they have. If you are jealous of these people, it may be a sign they

are doing something you're passionate about. Go one step further and ask yourself what you're really jealous of. What part of their career do you really want? Answer these questions and you may uncover your passion.

2. Curiosity

Being curious shows that you want to learn more about something and this, in turn, signals you have an interest in that thing. Otherwise, why would you want to learn more about it?

So, what do you want to learn more about? Is it psychology? Biology? Economics? Coaching? Sport? Exercise? Nutrition?

Why do you want to learn about these topics?

It may sound simple, but curiosity is a very powerful thing. Sometimes, your passion is looking at you, but you're too busy looking somewhere else to notice.

To help you identify what you're curious about, look at the magazines you buy, the searches you do on the Internet or the videos you've watched. In addition, try remembering past conversations you thoroughly enjoyed.

After you identify things you're curious about, go one step further and explore these things. See where it takes you.

Action step:

Write down all the things you're curious about. What do they say about your interests? Which of these topics do you feel like delving more deeply into?

3. Excitement

What was the most exciting conversation you've had recently? What were you discussing?

A conversation is generally exciting when you're talking about something you enjoy and have an interest in. For instance, as an introvert, I can be quiet in groups. However, when the discussion is about personal development, I suddenly become excited and talkative to the point where I've been told several times how passionate I appeared.

What about you? When was the last time you had a truly exciting conversation? What topic were you discussing?

Action step:

Remember the last time you felt excited during a conversation. What were you talking about? Write it down. Now, what does this tell you about your passions?

4. Anger

What makes you angry in this world? What do you find most unfair?

Often, anger reveals a cause that is dear to our hearts. Perhaps you're so angry about something you're willing to spend the rest of your life putting right. For example, this could be women rights, environmental protection or animal rights.

So, what are you angry about. What would you like to change?

Action step:

Write down a list of things that make you angry. Do you feel a strong pull toward any of these causes? Could you see yourself dedicating your life—or at least a part of it—to any of these causes?

5. Intuition

If you were radically honest with yourself and were to trust your intuition completely, what would you be doing? What passion would you pursue?

I believe intuition is one of the most powerful forces on earth. If you have difficulty listening to your intuition, try one of the following methods:

- Whenever, for some reason, you feel/don't feel like doing something, trust your intuition. Start with small actions that are of little or no consequence. Perhaps, you don't want to go to an event or you feel something isn't quite right about someone you've just met. If so, follow your intuition and take the decision that you intuitively feel is the best.
- Whenever you catch yourself thinking you *should* do something, challenge that assumption. Often, this means you're letting external factors, such as society or your family, influence your actions and behaviors.
- Meditate on the question, "*What do I really want?*" Be radically honest with yourself as you do so.

The bottom line is that, deep down, you know more than you think you do. You may simply have lost the ability to trust your judgement. For now, forget about what your parents, your friends or society want

you to do and think about what *you* want to do.

Action step:

Write down what you would do differently if you were to trust your intuition completely. Include anything you may have wanted to do for years, but didn't, because of external pressure, limiting beliefs or fear.

6. Pain

Sometimes, the most painful events in your life give you a sense of purpose.

Look at the biggest challenges you overcame or tried to overcome. Perhaps, it is your shyness, the physical abuse you were a victim of in your childhood, or a tendency toward obesity. Now, among all these challenges, do you still feel strongly about any of them? For instance, when you think of helping other people overcome similar challenges, how do you feel? Are you excited? This is a really good sign.

As human beings, we often like to share what we learned with others and, by doing so, help them overcome problems we overcame ourselves. If you feel strongly about any of the challenges you faced in the past, it could be a sign of a purpose you may want to pursue.

Action step:

Write down all the challenges you overcame in the past or currently seek to overcome. Then, look at each of them and see how you feel about it. If you feel a strong pull toward one or more of these challenges, ask yourself whether you would be willing to help others overcome similar challenges.

7. Regret

The last thing you want to experience on your deathbed is regret. Regretting not having lived the life you should or could have lived is one of the worse feelings you can experience.

Imagine yourself on your deathbed. Make it as real as possible even if it makes you feel uncomfortable. Now, ask yourself, “If I keep living my life the way I currently am, what will I regret the most?”

We usually regret things we *didn't* do, not things we *did*. So, what haven't you done yet, but believe you should do?

Remember, regrets are the last thing you want to experience on your deathbed. They can't be undone. Do things now while you still can!

Action step:

Write down what you would regret having done or *not* having done if you were to die today. What would be your biggest regret(s)? What does this say about your passion?

8. Fear

Fear prevents you from pursuing your dreams by imposing artificial barriers limiting your potential. Fear might be one of the main reasons you may not be pursuing your passion right now. Please understand that, to live your passion, you will have to overcome at least some of these fears.

Now, imagine you had no fears whatsoever. What would you do differently? What passions, projects or causes would you be involved in? What would you stop or start doing?

Remember, most fears can be overcome so don't let them prevent you from doing what you really want to do with your life. Instead, work on overcoming them. Within us, we all have the power to overcome our darkest and most debilitating fears. Other people have done this, why can't you?

Action step:

Write down what you would do if you had no fears. What dreams would you pursue? Then, write down the simplest steps you could take today to beat your fear and move toward your dream.

Tip #5 - Analyzing your experiences

Another way to identify your passion is to review your past experiences. You can do this by:

- looking at your childhood memories; and
- looking at your past accomplishments.

1. Looking at your childhood memories

What did you do naturally when you were a kid—and before the world started telling what you *should* be doing with your life?

Did you draw? Play sports? Read books?

Often, what you did spontaneously when you were a kid can give you great insights into what you're passionate about. Sadly, you may have stopped doing something you enjoyed because you became distracted along the way or perhaps, because your parents had different plans for you.

When I was around seven years old, I would often read books all day long. I even vaguely remember writing stories featuring a superhero fighting dragons. Interestingly, it took over twenty years before I got back to writing. As a child, I also enjoyed studying and would memorize country flags and learn new words just for the sake of it. Although, this was before I start playing video games. Fortunately, I rediscovered the joy of learning once I entered university and had more autonomy.

Please note, I did these activities without being forced to do so. These are the type of activities you want to identify. Remember what we

discussed in Tip #2 - Looking at what you do willingly. Activities you do of your own volition say so much about you. Your job is to figure out what they're saying to you (or) telling you.

Action step:

Write down what you naturally did when you were a kid. What can you learn from this?

2. Looking at meaningful accomplishments

What did you accomplish in the past and are really proud of? Did you complete challenging projects? Did you face your fears and accomplish something you didn't think possible?

We tend to be most proud of things we find meaningful. You want to identify what these things are and why you find them so meaningful.

Action step:

Write down the past accomplishments you feel most proud of. What do these undertakings say about you? How can you connect them with a possible passion?

Conclusion

Congratulations! If you did the exercises mentioned in this book, you will have a better idea of what you're passionate about.

The next step is to further refine your passion and design an exciting career path to align with that passion. As Confucius said, "Choose a job you love, and you will never have to work a day in your life." From personal experience, I can attest to the truth in that saying.

Also, feel free to check out my book, [*The Passion Manifesto*](#). In this book, I explain in great detail how you can identify your passion and find a career that genuinely excites you. In addition, I will teach you how to overcome your biggest mental blocks and create a crystal-clear plan of action to make sure you design your dream career.

I want you to design a career you love as soon as possible. I worked at jobs I hated, and I don't want you to find yourself in a similar situation. Life is too short to spend your days doing something you hate.

Don't you agree?

If you have any questions, feel free to email me at:
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My books (available on Amazon):

[Goal Setting: The Ultimate Guide to Achieving Life-Changing Goals \(Free Workbook Included\)](#)

[Habits That Stick: The Ultimate Guide to Building Habits That Stick Once and For All \(Free Workbook Included\)](#)

[Master Your Emotions: A Practical Guide to Overcome Negativity and Better Manage Your Feelings \(Free Workbook Included\)](#)

[Productivity Beast: An Unconventional Guide to Getting Things Done \(Free Workbook Included\)](#)

[The Greatness Manifesto: Overcome Your Fear and Go After What You Really Want](#)

[The One Goal: Master the Art of Goal Setting, Win Your Inner Battles, and Achieve Exceptional Results \(Free Workbook Included\)](#)

[The Passion Manifesto: Escape the Rat Race, Uncover Your Passion and Design a Career and Live You Love \(Free Workbook Included\)](#)

[The Thriving Introvert: Embrace the Gift of Introversion and Live the Life You Were Meant to Live \(Free Workbook Included\)](#)

[Upgrade Yourself: Simple Strategies to Transform Your Mindset, Improve Your Habits and Change Your Life](#)

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