

# 3 Ways to Find Your Passion and Act on Purpose

*If you sometimes feel stuck and wonder what you're doing with your life it's a clue that you're not fulfilling your purpose. Learn three ways to identify that latent yearning and one way to take action.*

## Way 1 - Alignment

*Inspired by GO GET IT!*

### Tools

Think about how you win others over to your way of thinking. How do you most often get your way? It might be through humor, or telling a story. Maybe you communicate with pictures or through writing. How is your influence most felt in your world?

#### Your tools:

### Teachers

What group of people do you most enjoy learning from? It could be your parents or your children, your colleagues or members of your spiritual circle. You may learn something from a favored author, or the local grocer. Life instructors are all around you. What do they have in common?

#### Your teachers:

### Treasures

Where do you find your rewards? For many, this means money after all, it feels good when people pay you. If profit is the applause you get for doing good work, where do you get your standing ovations? Rewards don't have to be just money. Yours might be measured in smiles or hugs or some other way that makes you feel happiest. Identify what it is for you.

#### Your treasures:

### Talisman

This is the amulet you figuratively wear around your neck. Think about what symbolizes you most. What's a tangible object you can look at, and preferably hold, that epitomizes you. The first few things that entered your mind were probably most accurate.

#### Your talisman:

Select the most meaningful example from each section and place them below:

<b>Tool</b>	<b>Teacher</b>
<b>Treasure</b>	<b>Talisman</b>

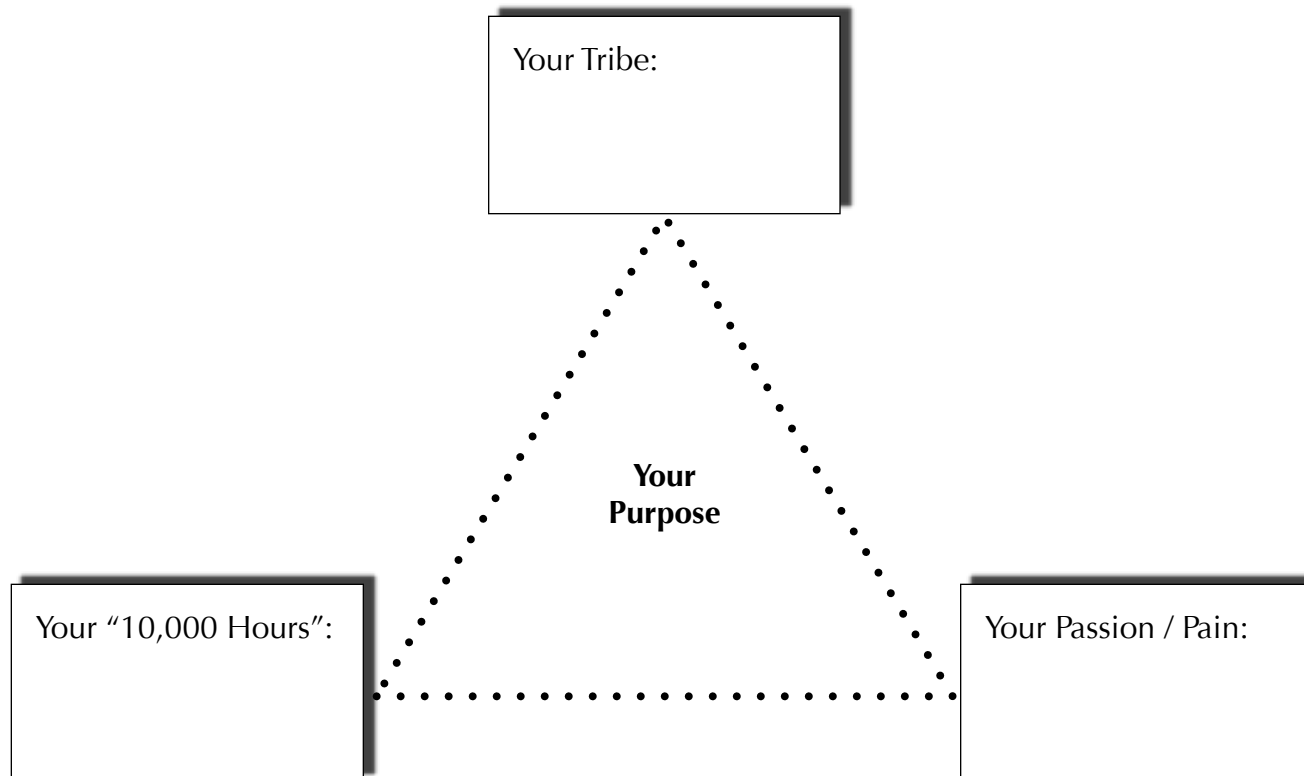
Look at your tool, treasure, teacher and talisman of choice and you'll have a good indication of your purpose. When you do things that combine the elements, you're acting on purpose. When you drift away from that foundation, you're not.

**Notes to Self:**

## Way 2 - Direction

*Inspired by Martha Beck*

1. Identify your 10,000 Hours (What you've been working on / What you know / What you're good at)
2. What are you passionate about that could fuel you? Passion is very strong feeling about a person or thing. It could be good or bad. It comes from the Latin, "to suffer"
3. Who is Your Tribe? (Narrow enough to make a difference / big enough to matter)



**Notes to Self:**

## Way 3 - Top Passions

*Inspired by Janet Bray Attwood and Chris Attwood*

1. Consider the 12 open-ended phrases. Then respond with simple, honest answers.
2. Trim your list. Begin with Phrase 1 and compare it with Phrase 2. If you could have one or the other, which would you choose? Put your finger on the one you chose and continue to Phrase 3; repeat the process through Phrase 12. Wherever your finger ends up is your Number One Passion. Write it down and draw an X through that phrase.
3. Repeat the process four times, skipping the crossed-out phrases.

*When you are connected to your passions, you feel happy, self-motivated, fulfilled, engaged and worthwhile.*

### My Top Passions Are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Notes to Self:**



1  
*My dream as a child was*

---

2  
*If I had a week to do anything I wanted to do, I would*

---

3  
*One thing you'd never guess about me is*

---

4  
*I'm the one everyone calls for when*

---

5  
*If I received the Nobel Prize, it would be for*

---

6  
*My fantasy career would be*

---

7  
*Time freedom for me means*

---

8  
*If I entered a talent show, I would perform*

---

9  
*What gets me passionately out of bed in the morning is*

---

10  
*The things people always compliment me on are*

---

11  
*I feel something akin to a "runners high" when I'm*

---

12  
*If I starred in a TV show in which I taught a skill, it would be*

---

## Picking Something to Act On

Consider	PROS	CONS
What do I want to do? _____	You know you / Your Gut / Your Heart	Qualifications don't fit / Counter to Beliefs / Delusional
What do others say I should do? _____	They see you / "Fit" Validation	They may not know you well / Projection / Could be lying
What is the next logical step? _____	What's next is sometimes easier / Makes sense	Ladder Vs Jungle gym / Might not want to do what it entails (costs)

- If you get a 3fer, it's obvious.
- If you get a 2fer, go for it.
- If you get a 1fer, confront the brutal facts.

## Act On Purpose

1. Your Foundational Goal: \_\_\_\_\_
2. How long will it realistically take to accomplish this goal? \_\_\_\_\_
3. Determine the Cost

What will it cost you to achieve this goal in either

- time \_\_\_\_\_,
- talent (effort) \_\_\_\_\_
- or treasure (money) \_\_\_\_\_?

### Fill in the Blanks

"I will \_\_\_\_\_ in \_\_\_\_\_  
(1. Foundational Goal) (2. Duration)

by investing \_\_\_\_\_."  
(3. Cost)

Refine your statement in a way that speaks more clearly to you. Write it on an index card, fold it over and bring it with you everywhere you go. Reading it as often as you can.



# About Karl Bimshas

**Strategic | Maximizer | Connectedness | Futuristic | Significance**

With insightfulness and creativity, Karl Bimshas specializes in encouraging and challenging professional women to maximize their strengths and continuously improve themselves and their organization to increase the pace of change in the world by bringing vision, passion and action to each endeavor.

In 2009 he founded Karl Bimshas Consulting, a results driven personal and professional development consulting firm focused on leadership accountability.

He is the author of several business books, inspirational programs and novels. Popular titles available on Amazon and Barnes & Noble include:

- So I've Been Thinking; Seemingly Random Thoughts on Leadership
- How to Stay When You Want to Quit: Re-scripting your life from whiner to winner
- GO GET IT!; Your Guide to Finding Purpose, Setting Goals and Maintaining Success

## **Education Background**

He earned his M.S.in Executive Leadership from the University of San Diego and a B.A. in Mass Communication from Emerson College in Boston. He has held several operational and sales leadership positions in public and private corporations focused on creating success measures and performance improvement.

**If you'd like to discuss a short or long term agreement for you or your organization, contact Karl Bimshas Consulting at (619) 497-2670.**

# Stay Connected



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