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WAYS TO
FIND YOUR PASSION &
LEAD A FULFILLING LIFE

Has anyone ever asked you what you're passionate about?

Have you ever been stuck for an answer?

Finding your passion and being able to put it into words is important. Only then can you do the things that truly fulfill you.

1. ASK AROUND.

Do you have trouble nailing down exactly what makes you the happiest? Ask your friends and family when you seem to be the most joyful. Your loved ones will have no trouble telling you because they often know you best.

2. READ.

Read everything you can get your hands on: newspapers, blogs, magazines, and books. Something in those words may strike a chord in you. Think about what jumps off the page at you and follow it. It might just be your true passion.

3. FORGET ABOUT THE MONEY.

If what you're passionate about is out of your price range, find ways to enjoy it. For instance, if you love horse riding but can't afford a horse, find work at a stable. You'll be surrounded by your passion everyday. And that's priceless.

4. WALK DOWN MEMORY LANE.

Did you love going to the park as a child, but seldom spend time outdoors now? Maybe you loved playing a sport, but you no longer play. If you enjoyed something as a child, you might still enjoy it as an adult. Give it a try.

5. IMAGINE YOUR PERFECT DAY.

Take a moment to think about what a perfect day for you would include. Maybe it's lounging on the beach or spending an entire day in your garden. Whatever it is, if it seems perfect to you, then it's probably something you're passionate about.

6. MAKE A PASSION BOARD.

Make a board out of poster board, a bulletin board, or a digital page. Attach photos, drawings, or words that make you happy. Then keep it where you can see it every day to remind you to take action toward your passion.

7. STOP AND THINK.

Take a quiet moment to sit down and really think about what makes you happy. List everything that comes to mind. Then look over your list and find the one that makes you the *most* happy. *That's* your passion.

8. ASSESS YOUR FREE TIME.

While you're relaxed and thinking about the work you like best, also think about what you like to do during your free time. Find one thing that makes you happiest and pursue it!

9. ASK A FRIEND TO READ YOUR FACE.

Ask a friend to mention things you seem to enjoy. If your face lights up, you smile, or you become excited, chances are this is something you're passionate about.

10. GET OUT MORE.

Doing different things is the best way to find out what you're most passionate about. Get involved in sports, join a local club, or just get out and go for a hike. Keep trying new activities until your passion reveals itself.

11. LISTEN TO THAT SMALL VOICE INSIDE YOU.

Whether you call it a small voice, your gut, or your intuition, listen to it. It's what tells you what you really love doing and will give you the best idea about what your passion really is.

12. WHAT GIVES YOU ENDLESS ENERGY?

Everyone has times when they feel as if they could keep going forever and their energy has no bounds. Chances are that if something makes you feel like that, it's because you love doing it so much. It's a passion!

13. TAKE A CLASS.

Whether you want to learn more about computers, take a writing course, or try your hand at art, taking a class will lead you to things you may not have considered doing before.

14. WHAT DO YOU FIND EASY?

People usually find it easy to do what they love. Ask yourself what seems to come easily to you. Chances are it's something you're not only good at, but also passionate about.

15. DISCOVER YOUR CREATIVITY.

Be creative about taking small things in your life that you enjoy and expanding on them. Where do you channel your creative energy? It's likely related to your life's passion.

16. THINK ABOUT THINGS YOU WOULD DO FREE.

Is there something in your life that you love doing that you would do even if no one paid you? Figuring out what you love to do so much that you don't feel the need for money is a great way to tap into your true passion.

17. DO SOMETHING YOU LOVE EVERY DAY.

The things you love are the things you're most passionate about. Even 15 minutes a day doing something you really love will make you happier and lead you to a more fulfilling life.

18. TALK TO PEOPLE WHO LOVE THE SAME THINGS YOU DO.

If you love music, talk to musicians and fans. If you love drawing or writing, talk to artists and writers. By talking to these people you'll find what you love most and find more ways to incorporate it into your life every day.

19. RESEARCH.

Research everything you can about your life's passion. This will not only help you become more educated about it, but it will also help you identify ways you can get out and enjoy it more.

20. VISUALIZE YOURSELF DOING IT.

Vividly imagine doing what you love and eventually you'll find yourself *actually* doing it. When you imagine it enough, your mind finds a way to make it possible.

21. PRACTICE, PRACTICE, PRACTICE.

Just because you love doing something doesn't mean you're going to be a pro at it the first time you try. Practice doing the things you love most and you will grow in skill. And if you're truly passionate about something, you'll love practicing it.

22. IF YOU ONLY HAD ONE WISH, WHAT WOULD IT BE?

If there was only one thing you could do or one thing you could have, what would it be? This will steer you on the right road to finding what will fulfill you the most.

23. MEDITATE.

Find some quiet time to do some deep breathing exercises and really concentrate on what you love doing. Look deep within yourself, search for what you most love, and you'll find it.

24. TUNE OTHER PEOPLE OUT.

Ask for advice, yes, and listen to other's opinions, but remember that when it comes to your heart, only *you* will know what's best for you.

25. NEVER GIVE UP.

Finding your passion may not happen overnight. Keep at it and remember that once you find it, the hard work is truly over and then it's time to just enjoy the fulfillment you've sought and found.

Finding your passion is the only way to live a truly fulfilling life. It doesn't have to be hard, but it may require some effort.

Searching out what makes you happiest and listening to your heart will help you find your passion in life and lead you to the life of your dreams.