

# Discover What You Love (and why)

You wanna turn onto something big and make it your thing. You want to breathe it. Love it. Live it. **Very cool.**

You've seen a sparkle in the eyes of people who have this. They default back to what they love at any given moment— weekends, evenings, lunch breaks. And invariably, when engaged in conversation with these folks, the talk sooner later turns to drawing comics, cooking Thai food, shooting black and white film, whatever.

You want what they have. The passion and sparkle that lights up their hearts and broadcasts across the room. This is the kind of thing that makes people interested, interesting, and engaged with life.

We're about to dig deep to help you find out what your thing is.

You ready? **Hell yeah.**

created by  
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## Getting started

For these exercises to work well, you need to find some quiet space. Quiet, as in not much sound. But more importantly, quiet on the inside. Please don't try to cram these exercises in between forty other tasks. Wait for a free evening or a rainy Saturday afternoon when you feel calm, centered and relaxed.

Here's something you generally don't hear before answering questions.... Don't think about the answers. At least not at first. Seriously. Just write down the first thing that comes into your brain. Your intuition knows what's up. Trust it.

## **STEP ONE**

### Which of these descriptions sound like you?

*Check as many as you like.*

- ☐ I am a person who helps.
- ☐ I am a person who creates.
- ☐ I am a person who builds.
- ☐ I am a person who thinks.
- ☐ I am a person who feels.
- ☐ I am a person who takes action.
- ☐ I am a person who studies.
- ☐ I am a person who organizes.
- ☐ I am a person who prefers to use his/ her hands.
- ☐ I am a person who prefers to use his/ her mind.
- ☐ I am a person who plays.
- ☐ I am a person who travels.
- ☐ I am a person who loves adventure.
- ☐ I am a person who dabbles in things.
- ☐ I am a person who researches deep and gets nerdy.

## What turns you on? What turns you off?

When you think about your passions, they may or may not reinforce or reflect what you do for a living. Either way is totally cool. Let's find out.

Image the kind of thing that you want to get into. It doesn't have to actually be the thing, in fact, it probably won't be. That's fine. Ask yourself this question in regards to the imaginary thing.

What do you want more of? It may be things like flexibility, creativity, learning, engagement, connection, community, solitude, etc.

Write your ideas down on the right. When you're spent, ask yourself again. And again. Keep asking and keep writing until you're empty. Go get another piece of paper if you need to. If you can get a friend to sit there and ask, "What do you want more of?" a hundred times in a row, even better.

Now, what do you want less of? Perhaps you want less criticism, deadlines, micromanagement, pressure, expectations, collaboration, solitude, etc. Keep asking yourself the same question over and over again. Got it?

## STEP TWO

What do you like more of?

What do you want less of?

## STEP THREE

What books are you reading these days?  
*What are their themes? Subject matters?*

What movies do you like?  
*What are their themes? Subject matters?*

Answer these questions. Don't think too much about them. **Do it fast.**

Your rich uncle will fund any dream that you want to seriously pursue. He'll give you a briefcase of benjamins totaling fifty thousand dollars. Your mission must have some kind of merit or you don't get the dough. You can't just sit around on the beach. You *must do something*. What's your pitch?

## Insights?

Okay, now you have a pile of data about yourself. You knew all of this already (obviously), but now it's swirling around on the top of your brain.

Make sure you're in your quiet, relaxed state before you do this next part. It's pretty critical.

Take a good look at your answers. Don't think about them. Feel them.

Ask your subconscious to give you the direction that you're seeking. Then start writing about everything you just re-learned about yourself. Again, don't think. Feel. Just let the words flow out. Don't stop writing.

Sooner or later your intuition will give you what need.

Hint: It may be later.  
Sometimes your  
conscious mind  
needs to get tired  
before it gets unstuck  
enough to let the  
truth seep out.

Okay. Good, right?



## What have you re-learned about yourself so far?

[illegible]

## There must be a reason.

If all went well, you now have some new ideas of things you may want to pursue. Perhaps doing raunchy stand up comedy, or making sculptures out of found objects and pine cones. Possibly you are all excited about inventing a better frying pan. It could be *anything*.

Please remember, **weird is wonderful**. Combining your love of Eastern European melodies with Native American rituals and bad romantic comedy plots has its merits. If it turns you on, it's all good.

So now you've got a good idea. Maybe lots of good ideas. Let's double check.

Look back on your more and less answers. Does your thing mostly align with what you want? If not, that's fine. But think about it and consider if it will really make you happy.

Cool cool. Now let's ask the last question.

Why? Why do you love it?  
Why do you want to pursue  
it? Why do you believe it is  
worthy and the thing for you?

Write it all down. Answer honestly and deeply. And keep asking until you're totally out of answers.

## STEP FIVE

**Why do you love it? Why do you want to pursue this passion? Why is it worthy of you?**

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## This is the end, my friend.

Nice work! You just dug deep into yourself to mine your passions. How do you feel? Kinda pumped, eh? Psyched? Charged up? On fire? You know it's true. You just rocked through #1, Discover what you love and why.

In three sentences or less write down your answer. What do you love and why? Maybe this will help get you going...

I love \_\_\_\_\_  
because \_\_\_\_\_.

## STEP SIX

### What do you love and why?

*Answer in three sentences or fewer.*

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# YOU ROCK!

Thank yourself for doing this. Seriously. Out loud. You know you nailed it. You're on your way to extra awesomeness.

Know anybody else who might get some value from this process? Hell yeah, you do. Send this booklet their way and we'll get the party started on their end.



Be on the lookout for more good stuff swirling around my book **Not F\*ing Around: The No Bullsh\*t Guide to Getting Your Creative Dreams Off the Ground.**

Thanks again for playing. Live long and prosper.

~Jeff

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