

# Not F\*ing Around

The No Bullsh\*t Guide  
For Getting Your  
Creative Dreams  
Off the Ground



## Discover What you Love (and why) Worksheet

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, evening, lunch breaks. And invariably, when engaged in conversation with these folks, the talk sooner later 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.

For these exercises to work well, you need to find some quiet space to do it. 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. Ready...?

**Which of these things sounds like you?  
Jot down as many as you like.**

I am a person who helps.

I am a person who creates.

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 goes deep and gets nerdy.

Ok, great. Keep this info handy. Let's move on.

When you think of the *kind of thing* that you want your passion to be it may reinforce or reflect what you do for a living, or it may be completely different. Either way is totally cool. So 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?***

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It may things like: flexibility, creativity, learning, engagement, connection, community, solitude, etc.

Write them all down. When you're spent ask yourself again. And again. Keep asking and keep writing until you're empty. 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.

Ok, got that? Same deal with the next question.

### ***What do you want less of?***

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Criticism, deadlines, micromanagement, pressure, expectations, collaboration, solitude, etc. And again, keep asking yourself the same question– *What do you want less of?* Or buy your friend another coffee so they keep asking you. Got it?

You're kicking ass. Nice work. Save all of this info and let's go to the next part.

Answer these questions. But again, don't think about it. Do it fast.

**What books are you reading these days?**

**What are their themes? Subject matters?**

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**What movies do you like?**

**What are their themes? Subject matters?**

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

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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.

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Ok. Good, right?

If all went well, you now have some new ideas of things you may want to pursue—Doing raunchy stand up comedy. Making sculptures out of found objects and pine cones. Inventing a better frying pan. It could be anything.

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

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

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

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.

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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 **Discover What you Love (and why)**.

Write your answer in one laser focused sentence. **What do you love and why?**

Maybe this will help get you going.

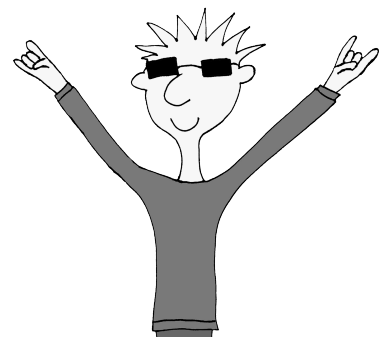
**I love**

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**because**

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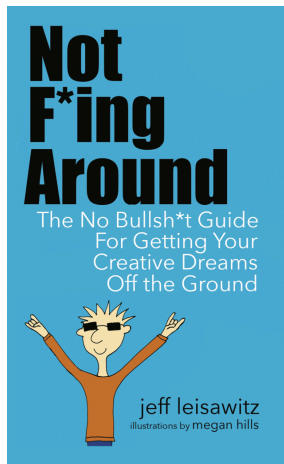
Thank yourself for doing this. Seriously. Out loud. You know you nailed it. You're on your way to extra awesomeness.



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**Know anybody else who might get some goodness from this process?** Hell yeah, you do. Send them to the link below 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 for Getting Your Creative Dreams Off the Ground.](#)



Thank yourself again for having the courage to pursue your dreams.

Live long and prosper.

Talk to you again soon...

~Jeff

<http://jeffleisawitz.com>



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