

*How to find  
your  
passion in  
8 easy  
steps\**

**Pique Coaching**

Welcome!

**\*Okay, I admit it: this is the world's most clickbait-y title ever.**

But it's the story that the world has sold you -- that finding your passion is easy, a copy-and-paste formula, and that you probablyyyy should have done it already.

What do you say we try a different approach?

Let me start by breaking this down.

Almost no one "finds" their passion by thinking constantly about how they don't have one.

Likewise, almost no one "finds" their passion just by doing exercises or worksheets -- these are a great start, but they're safe and passive.

I put quotes on "find" because using the word "find" implies that your passion already exists; you just need to find it. For most people I speak to, this line of thinking doesn't lead to energized, directed action. It leads to a feeling of discouragement ("Why haven't I found it yet?") or even entitlement ("The world should have presented it to me by now," though usually stated in more subtle words.)

People feel like they're smart, which means they should have nailed this by now.

And -- almost worst of all -- people think they're alone in not having a passion. At every age and with every gender, people are convinced that they're the only ones struggling with "finding" their passion.

Lastly, we've been fed a story about passion. ← See that? Singular. What if your passion isn't singular; it's vast and innumerable?

So, what do I recommend? I *do* actually have an 8-step process for you, but know it's not easy and it requires you to customize it for your life.

Ready?

## **1. Watch the language you use with yourself and others**

"I can't find my passion." "Everyone else seems so passionate." "I should have this passion thing figured out by now." "I need a framework or a coach to tell me what to do to find my passion."

It's an ongoing source of laughter in my coaching business when my clients contact me to tell me that I've perfectly articulated exactly what's been rattling around in their heads. These are real quotes, spoken by my clients, so I'm not surprised when they feel spot-on for a new client.

**Take action:** In this step, your only job is to watch your thoughts. Write the phrase "my passion" on the top of a sheet of paper, then write down all of your thoughts about it.

## 2. Call yourself out

Now that you've come face-to-face with the likely unproductive language that you're using to describe your situation, check in on whether your statements are even true.

For example, during a client consult, someone said "I haven't found a passion." When we checked in on this thought, she admitted that it wasn't even true. She's had things in the past that she was passionate about.

Often, finding one tiny piece of evidence that contracts the thought is enough to debunk it in your mind.

**Take action:** Run through your list of thoughts and ask yourself whether they're really 100% true.

## 3. Shift your language

Never lie to yourself, but do find believable, upgraded language to describe where you are.

Try on a thought like "I'm exploring different things that light me up." Do you feel an energy shift when you think that, vs "I should have figured this out by now"?

Unlike with traditional “positive affirmations,” which people often use to try to strong-arm themselves into positive thinking, you’re telling yourself a real, believable thought that’s an upgrade from your previous thinking. Subtle, but crucial.

**Take action:** Find a believable, upgraded, and less loaded thought about your passion that you can refer back to often in this journey.

## 4. Expand your timeline

Many people are rushing around with a feeling of pressure and urgency, looking to “solve” their lack of passion crisis immediately.

A thought like “I should have figured this out by now” likely creates that pressured, rushed, urgent feeling.

Can you find any breathing room when you try on a thought like, “I’m on a lifelong mission to explore my interests”? (Cue the sigh of relief.)

Here’s the crazy thing: People often think pressuring themselves into action will be effective, but it’s usually not. More often than not, it leads to frenzied action or paralysis.

**Take action:** Find a believable, upgraded, and less loaded thought that reduces your urgency.

## 5. Do worksheets -- as starting points

Begin gathering new information by doing worksheets. Check out the [Pique Coaching Workbook](#) and the [Pique Coaching Career Workbook](#) or ask yourself this wildly simple 4-step prompt:

1. If I had to choose something interesting to explore next, it would be

-----.

2. I would explore that thing because

-----.

3. After that, I would explore

-----.

4. I would explore that thing because

-----.

**Take action:** Do at least one of the options above.

## 6. Loop in others

Passion-seeking often happens in a silo, which feeds the idea that we're alone in all of this. Instead of trying to go it alone, loop in people who you trust and ask them to hold up a mirror for you.

(Metaphorically, unless a literal mirror helps. Who am I to say?)

Ask this:

1. What is the topic that you see me get the most excited about?
2. What have you secretly always thought I'd end up doing?
3. Can I talk at you for 30 minutes about my interests and see where it leads me?

If you're feeling brave as hell, call together a Clearness Committee. This is a Quaker idea, where you call together a panel of sorts. Their job is not to give you advice, just to ask you questions over and over until you have more clarity. (I literally get chills when I write about this, because I think it's so special.)

**Take action:** Contact at least one person for support.

## **7. Set up experiments**

This is the single most important step, so don't think you can get away with 1-6 and then be done.

This step is experiential, hands-on, active, and often scary AF. (This is in sharp contrast to reading and doing worksheets, which is passive, easy, and safe.)

It involves going out into the world and actually trying things to see what you like and what you don't.

Call it what you will: Experiments, information gathering mode, or prototyping.

Whatever you call it, it's "all about asking good questions, outing our hidden biases and assumptions, iterating rapidly, and creating momentum for a path we want to try out." (*Designing Your Life* by Bill Burnett and Dave Evans.)

The goal is to "Ask a question and get some data...[so that you can] 'try out' some version of a potentially interesting future."

Think: Starting a side hustle doing the kind of work that piques your interest, volunteering with an interesting organization, joining Toastmasters, moving to a farm for a few months, or dabbling in a new cheesemaking hobby.

**Take action:** Ask yourself, "What interests have cropped up for me in this process and how can I explore them in an exciting, low-key way?" Then go do those things.

## **8. Let synchronicity work its magic**

I'm cautious about introducing a concept like synchronicity -- "the simultaneous occurrence of events which appear significantly related but have no discernible causal connection" -- because people immediately think it's too woo-woo or Law of Attraction-based. They're not totally wrong, but we're doing it anyway.

Allow yourself to be shocked and awed at what shows up in your life when you start exploring.

People who you haven't talked to in months will come out of the woodwork with invitations. You'll start dating someone new or meet a new friend who has the exact hobby you've been contemplating. Your eye will be drawn to an article in a magazine that highlights a person who you want to reach out to. You'll flip to a page in a book that introduces you to a new concept that fascinates you.

Pay attention to these synchronicities, appreciate them, and let them create momentum in your life.

**Take action:** Keep a synchronicity journal, where you note and express gratitude for all of the synchronicities that pop up in your life.

**That's it!** 8 steps. Then, lather, rinse, repeat as needed. (Who else heard that in Phoebe's voice from Friends?)

**A quick recommendation:** Might I suggest you do an intentional moratorium on all “passion literature” until you try all of these steps? I don’t mean passion as in romance novels -- if that’s your jam, enjoy that naughty fiction.

I mean books, podcasts, and articles that promise to tell you the secret to finding your passion.

Make a commitment to yourself that you won’t binge on them until you’ve done the 8 steps above at least one time through.

**My pitch:** This is where I pitch you on a free 30-minute mini session. I know, I said you didn’t need a coach to tell you what to do to explore your passions -- and you don’t.

But having an outside support system to walk you through this 8-step process can be wildly beneficial, so know that I’m here.

All the best,

*Cristina Roman*

Pique Coaching