

Finding your passion in life

If life is blue, it's time to take action, writes **Phil Schibeci**.

Are you in a professional or personal rut? Get back on track using The 5 Stage Guide to Success: How to discover your passion, find out what you love, discover your purpose, find direction & stick to it!

At some point in our lives, we are full of possibility and expectation of what we can achieve. Unfortunately we can lose sight of this, as life becomes a daily grind and we slowly slip into a rut. So, is it possible to recapture and maintain the vision and passion that was once there? The answer is yes and you can achieve this by following my 5 Stage Guide to Success, which will provide you with a structure to get you back on track.

Stage 1: Identify what you want. The simplest way to get out of a professional or personal rut is to start by making a list of what you enjoy doing.

Then number each item in order of preference; your number-one listed item will reflect what you are most passionate about.

What if you have no idea what you want? In this case all you need to do is make a list of what you don't enjoy, and then write the exact opposite for each item on your list. For example, if you don't like to work alone then it is most likely that you prefer working as part of a team. Once this is complete you will have a list of things that you do enjoy, which can now be numbered in order of preference.

Stage 2: Set some goals and create a plan.

Now that you know what you are passionate about you can bring each item on your list into reality, by detailing when you will do it and how you will feel once you have completed it.

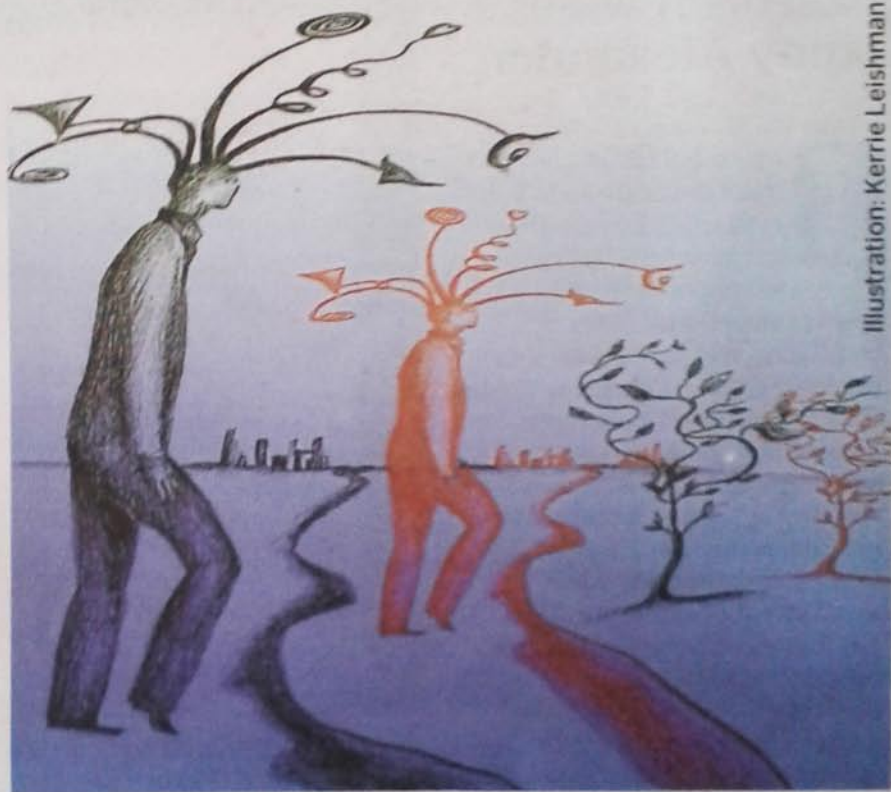


Illustration: Kerrie Leishman

Identifying the associated feeling will generate some excitement and motivation at an emotional level.

Next, create a simple structured plan that will help you get into action and keep you on track. Write down goals that you can achieve in seven, 30 and 90 days. Ensure that you are clear about the very first step you are going to take. For instance, you might start by asking someone you trust and respect for some help or support.

Stage 3: Take action.

Most people don't achieve their goals quite simply because they don't take immediate action. The first step is often the hardest, because there's no momentum. By taking action momentum will build, which makes taking further action effortless.

Stage 4: Keep going when the going

gets tough.

At various stages of the process you may encounter some hurdles. This is when people often give up because attaining their goal appears too difficult. At this point revisit your plan and be persistent with the routine that has got you this far. If you just keep going things will ultimately turn in your favour.

Stage 5: Celebrate and re-evaluate.

Once you have achieved each goal, be sure to celebrate and reward yourself for a job well done. This will encourage you to repeat your success with the next goal.

Phil Schibeci is a corporate speaker, workshop facilitator and author of *How to Get Out of the RUT Race*. Visit philtschibeci.com.