



EIGHT WAYS TO FIND YOUR TRUE PASSION

GENERAL

DEVELOPMENT PROGRAMME

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1. ASK YOURSELF THESE THREE SIMPLE QUESTIONS_

- "What subject could I read 500 books about without getting bored?"
- "What could I do for five years straight without getting paid?"
- "What would I spend my time doing if I had complete financial abundance to do anything?"

2. DON'T PRESUME THAT YOUR PASSION SHOULD BE YOUR JOB_

"If you can't imagine not doing something, it's a passion. It doesn't have to be a money-maker. Make your money some way that will give you the time for what you really love to do."

"There are a lot of things worth doing that will never bring you money" – Heather Ennis.

3. WORK OUT WHAT YOU HATE DOING_

List the jobs or tasks that you absolutely loathe. Once you have eliminated these options, your true passion may become more clear.

Try creating a list of the people you are jealous of to get more clarity on the issue.

Ask this question: who do I envy the most due to the work they do? List multiple individuals, then look at the work they do, and try those things.

4. FIND THE THINGS YOU ARE MIEDIOCRE AT_

According to Oliver Emberton, founder of software start-up Silktide, if you fuse your mediocre skills together, you'll find your passion.

"Say you're an average artist, with a decent sense of humour", he explains. "You won't have much hope with an art degree, and you can't study 'humour' as a subject. But you could be an awesome cartoonist".

Emberton argues that the most successful people, the ones that are most passionate about their work, are almost never defined by a single skill.

"Steve Jobs was not the world's greatest engineer, salesperson, designer or businessman. But he was

uniquely good enough at all of these things, and wove them together into something far greater"

5. FORGET THE 'EUREKA!' MOMENT_

Try spending 20 minutes each day thinking about the things that have interested you recently, or any opportunities that you have spotted.

Try asking close friends and family what they think you should be doing with your life. But don't put people on the spot, as they may rush their answers.

6. REMEMBER WHAT YOU LOVED DOING AS A CHILD_

Did you love to draw or write stories when you were young? Try to remember the activities that you enjoyed during your childhood, before the pressure to study the right subjects or get a good job began to mount. Or take a new perspective: imagine that you are very old.

What do you wish you had spent the last 20 to 30 years doing? Think of it as a slightly less gloomy version of writing your own obituary.

7. CREATE SOMETHING BRAND NEW_

According to Emberton, the secret to finding your passion is to create something new. He argues that people are instantly passionate about projects, businesses or services that they start from scratch.

"When you create something new, you're inventing something to be passionate about" he explains.

"You must find success to fuel your passion"

8. TRY VISUALISATION_

Imagine yourself getting up early, jumping out of bed, excited about going to work. You get dressed quickly, full of enthusiasm about your day. The sun is shining, and you take those first steps out of your bedroom. Now work out where you are going and what kind of job follows on from that feeling of anticipation.



REFERENCE_

[Burn-Callander, R. \(2015, March 27\). Eight ways to find the true passion in life that has eluded you. The Telegraph.](#)

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Throughout all our programmes and initiatives, 'change' for and by young people is central. We celebrate this by recognising young change makers with a Diana Award, the most prestigious accolade a young person can receive for their social action or humanitarian work.

We hope you found this resource useful and wish you all the best in your social action journey. If you would like to help us create more resources and recognise even more young people with a Diana Award, you can make a donation by visiting <https://diana-award.org.uk/donate/>



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