



What is the Sweet Spot in your career? Part II - Discover Your Passion

The Sweet Spot is when we are doing what we love to do, using our strengths and innate core energies toward our purpose or mission in life. For some of us we don't recognize what that sweet spot is, and for others we aren't using it to our advantage.

Identifying our passion in life and in our careers, can take a lifetime for some, and for others it comes easily. In the world of business, we often don't think about passion. However, if one has passion in what they do for a living, and in their personal life, we find our true fulfillment and happiness. How well have you identified your passions?

Passion is an important aspect of leadership. Others will see the fire in your spirit, the enjoyment and engagement you have for what you do. This expression and enthusiasm is one of the fundamental ways leaders engage the teams around them and inspire others to achieve their best.

Steps to identifying your passion

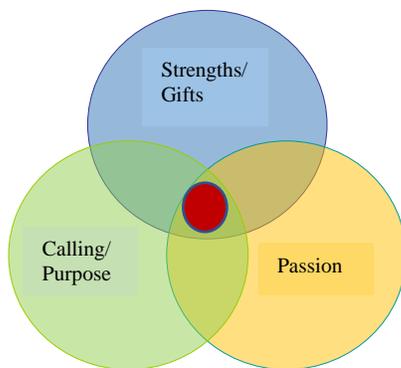
When we have lots of ideas, or too many and can't choose what to focus on, the following method is one way to choose the area of focus that is most meaningful for you and can help you move forward immediately.

1. Think about a time when you were at your best doing what you loved – what was the motivation behind doing that?
2. Think about the last time you lost yourself, lost track of time, fully immersed yourself in something you enjoyed.
3. Write out a list of things you love to do; both in your spare time and at work.
4. Write out the list of your passions (things that light you up, excite you) from the first three steps above.
5. Write out why you are passionate about them.
6. Rank the list you have come up with in order of interest and excitement.
7. Which one feels most compelling?
8. Why does that one feel most compelling – what is important about that for you?
9. Now choose ONE passion to commit to; it doesn't mean this can't change over time. Choose one that resonates the most NOW.
10. What can you learn about yourself or others, in choosing this one?
11. How will choosing this one make an impact in your life, or the lives of others?

Have you found your sweet spot in your career yet?

It is up to us to get engaged and passionate with a clear sense of purpose that will help us feel like our life and career is meaningful. When we are working in an area of our passions, we become more motivated and have more energy to focus on our choices and our plans for our business.

Pursue your passions NOW – not years from now. Sometimes we shy away from putting our passions into action because we may feel fear, or uncomfortable. Often our inner critic or gremlin (inner negative self talk) can get in our way and hold us back. Taking the leap into pursuing our passions is about learning and living our passions on purpose and with intention.



The first step to success in our careers and in life is to know our true self. In order to find fulfillment and engagement; take the time to truly understand who we are, how we are innately wired, our strengths, aligning our decisions with our values, live our passion and be on purpose with our life.

This is a journey and you don't need to go it alone. Find a trusted friend, mentor, peer or a professional coach. Be willing to look at yourself and make the discovery and transformation - then success will be yours.

This is the second part of a three-part series. See **Part I**-Finding your Strengths and **Part III**-Finding your Calling, Purpose, Mission, to support the process in finding your **Sweet Spot!**

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