

The Things You Love To Do

Purpose:

Understanding our passions, the things that we love to do that bring us the most joy, helps us to make decisions and choices that are aligned with these things. It also helps us articulate the types of activities that we want to be doing.

Instructions:

1. **Determine** your passions.¹
 - Describe your perfect day.
 - What kind of day at work would make you jump out of bed in the morning?
 - What types of projects or activities hold your attention and excitement the longest?
 - What would you miss most about your job if you were to leave tomorrow?
 - What are the hobbies that you enjoy most?

2. **Confirm:** are you missing any? Are there things you could be doing more of? Less of?
 - Each day this week, take note when you find yourself doing something that you absolutely love. Take note if there are activities that are bringing you considerably less joy as well.
 - Review your bank account statement for the last three months and your calendar.
 - What do you spend the most money on?
 - What do you spend the most time doing?

3. **Share**
 - This is a good time to share your list of work passions with your manager, your mentor, and/or colleagues.
 - This is a good time to plan to do some of your most enjoyable hobbies that you may have been neglecting.

¹ Adapted from Eurich, Tasha. *Insight : the surprising truth about how others see us, how we see ourselves, and why the answers matter more than we think*. Currency. 2017. Appendix B.

Two Lunches²

Purpose:

This exercise allows for you to get feedback about when you show a great deal of passion and to share your views on what your passions are.

Instructions:

1. **Setup** *two lunches* on your calendar this week. One lunch will be with your manager, mentor or a trusted colleague and the other with family member or friend.

2. **Determine** your passions from their perspective.

Work

- Ask them what types of projects or activities they see you get most excited and passionate about.
- What type of projects to they see you get more deflated by?

Personal

- Ask them if there is one passion that they would tell others that you had?
- What are the hobbies that they see you getting most excited by?

3. **Share** the list of passions that you came up with.

4. **Reflect** on what you have heard

- Was it a surprise?

²Adapted from Eurich, Tasha. *Insight : the surprising truth about how others see us, how we see ourselves, and why the answers matter more than we think*. Chapter 7. *The Dinner of Truth*. Currency. 2017.