

The PASSION TRAP

M O D U L E 1

The Truth About Passion

You're told from early on that you should follow your passion and everything will work out. The problem?

We don't always know what that is. It also makes you think you should know what you're "supposed" to do.

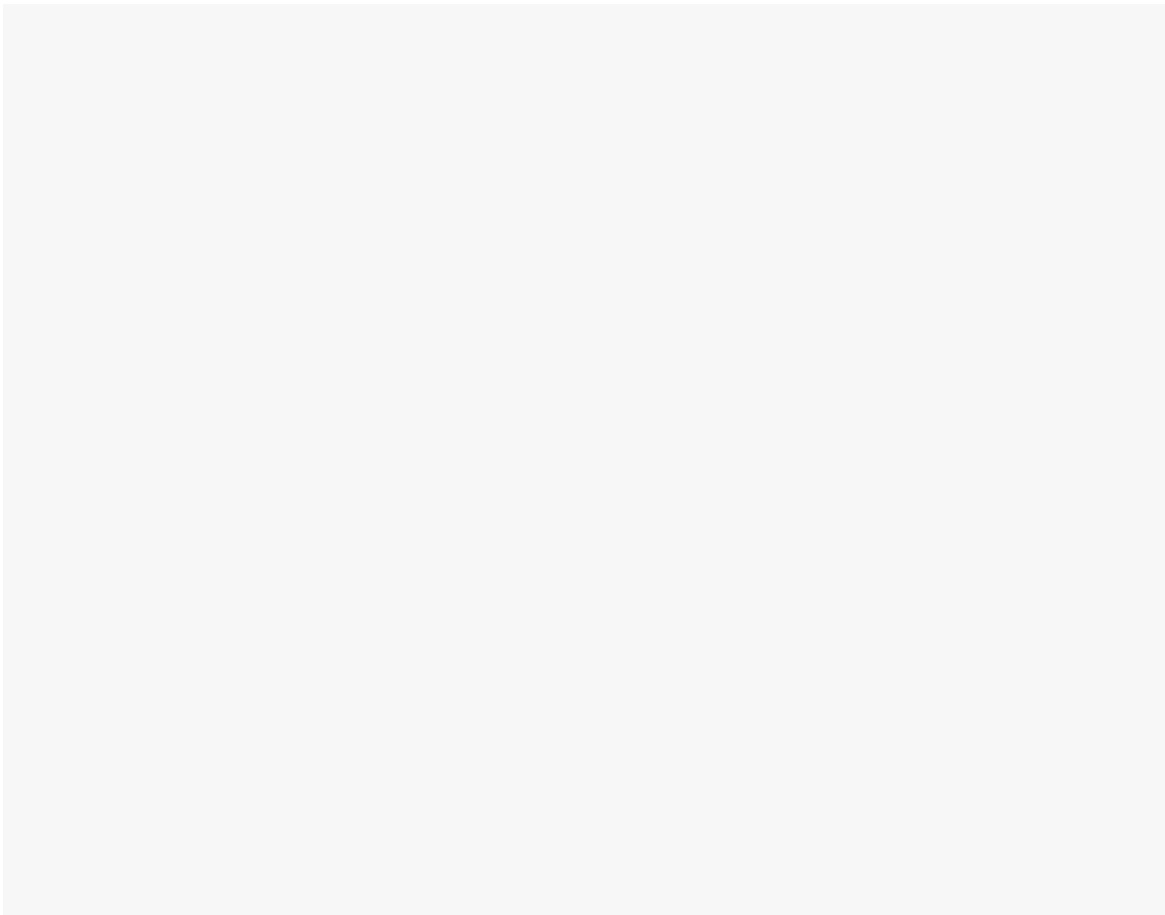
What if you didn't have to choose? What if your happiness wasn't dependent on your ability to get it "right," but to open yourself to the mystery of how life, relationships, and opportunities unfold? That's what we're going to explore.

UNPACK YOUR PASSION

Have you ever felt pressure to find, articulate, or commit to one? Or maybe you were passionate about one thing, and then suddenly, you weren't. Let's explore that first.

PROMPT: What is your relationship to passion? What has that looked like? What scenes, images, or memories spring to mind? Don't think; write.

Set your timer for 10 minutes and start writing.



...How was that? What was it like to revisit those ideas and memories? What stands out to you now as you read over what you've written? What came up that you didn't expect? Being surprised by what comes up is the best part. What did it bring into focus for you, or how did it give you some perspective on you and what matters to yourself?

FIXED MINDSET VS. GROWTH MINDSET

When it comes to exploring our lives and options, tunnel vision doesn't help. It can be limiting—and work against you, believe it or not. It may determine what you focus on, work on, and give up on.

You are capable of a growth mindset. Want proof? Let's look to the many times in your life when you tried a thing you didn't know you could do...and then later mastered it.

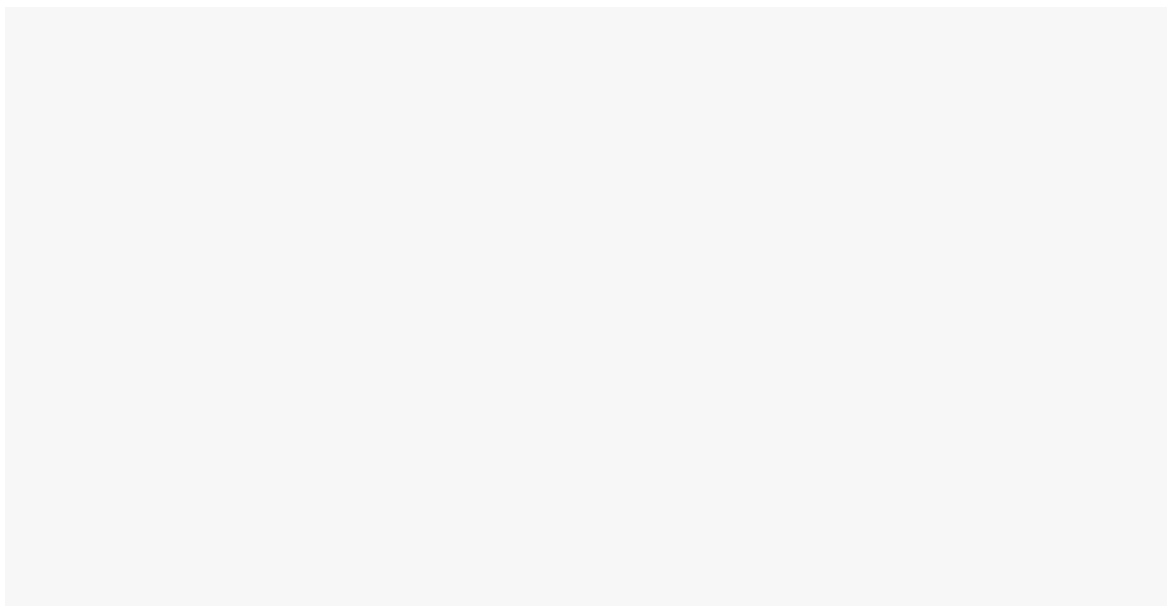
PROMPT: What have you gotten (really) good at?

Think about the activities or practices that weren't easy at first, but that you have mastered. It may be (choose whichever of the following speaks to you):

- A specific task you perform in your professional role
- The ability to do things that other people avoid; i.e., public speaking, confronting another person, advocating for yourself.
- Something you do in your life outside of work, like rock climbing or cooking.

You can make a list to start, and then pick one of them to elaborate on—who or what influenced or exposed you to this new skill? What is it like to do now?

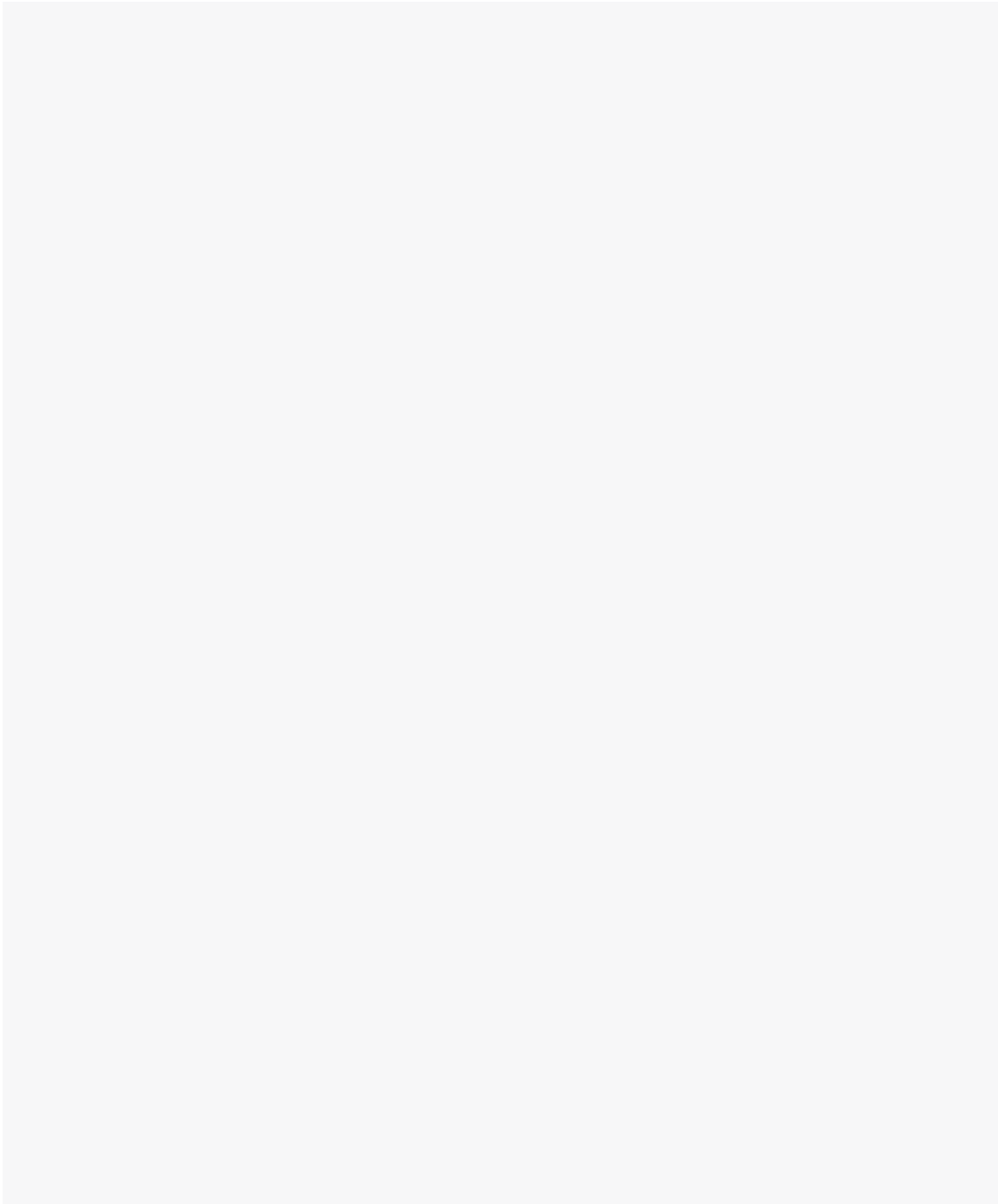
10 minutes. Go.



PROMPT: What would younger you say?

If you went back in time and told younger you about some of the things you wrote about above, what would they say? What would they never believe was possible, or would take them by surprise?

Take five minutes to tell younger you about one of those things.



FINDING FLOW

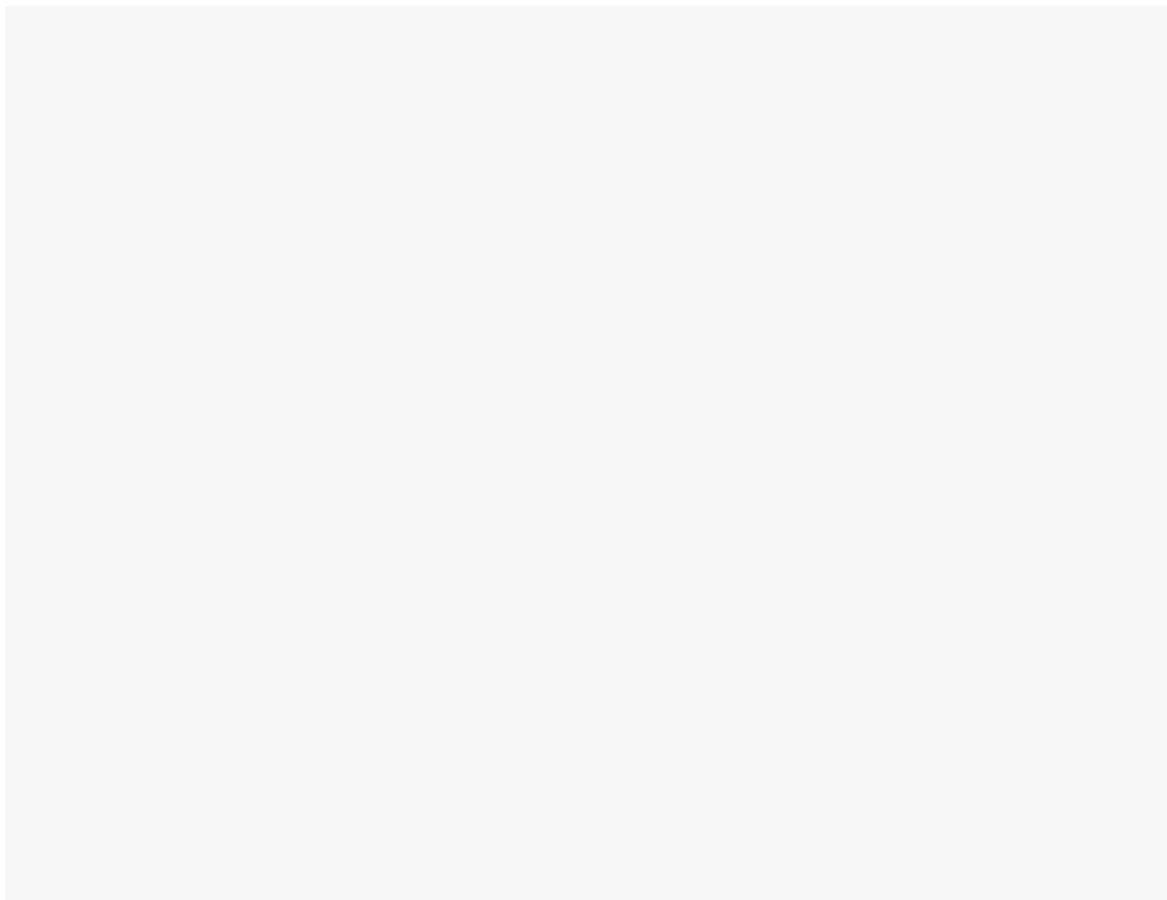
When we say we want more “passion” in our lives, what we’re craving is that level of engagement, energy, and focus. You have the capacity to experience that in many ways, not just doing one thing.

PROMPT: Think of a time you got lost in an activity.

It could be any activity—work related or not, and it may not even be something you’re particularly passionate about. What were you doing? What did it feel like to do it, and what about it made it easier to keep going than to stop?

Let the image rise, the scene take shape. And relive that experience. Tap into that flow once again.

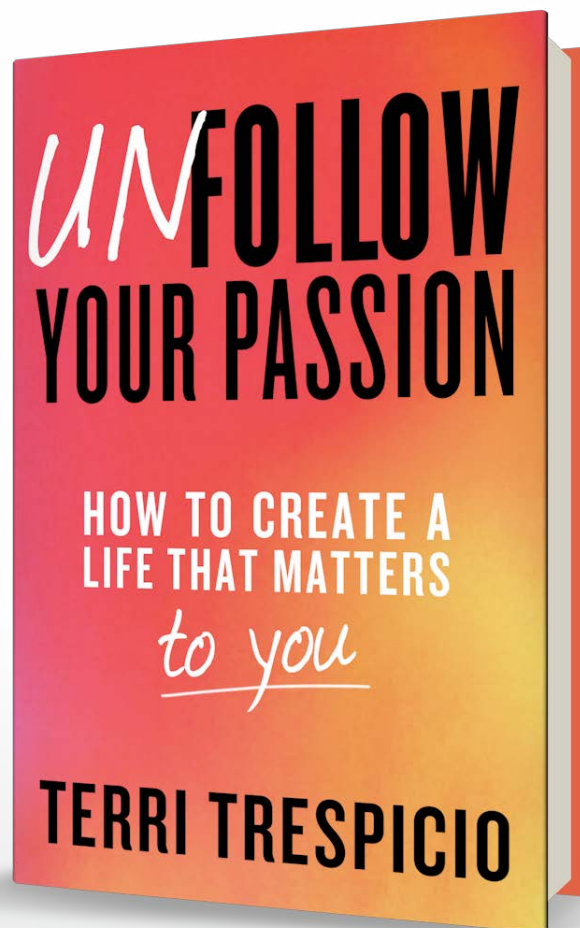
Set a timer for 10 minutes, and start writing.



SELF HELP FOR PEOPLE WHO DON'T FOLLOW ADVICE.

"GENTLE,
BUT BRUTALLY
HONEST."

- POPSUGAR



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