

PASSION as a Vocational Key

Job dissatisfaction has many roots. One is that we limit our vocational options to the pre-defined and currently existing roles, positions, and fields with which we are surrounded. Another is that we confuse energizing and rewarding work with easy, fun and high-paying jobs.

Hence the two primary goals of assessing a personal passion:

DISCOVER and practice new ways to think about ourselves and what we bring to the professional table. And to do this thinking in terms of ourselves instead of in terms of job descriptions and roles written for others.

UNDERSTAND work as an energetic, energizing, stretching, and satisfying endeavor — i.e. something we can be passionate about. It need not be boring, demeaning or overwhelming. On the other hand, neither will it always be easy and fun. Passion captures both the personal fit and the determined effort involved. Passion points both to the energy, motivations and joy that comes from meaningful work as well as the sweat, effort and perseverance that results in a meaningful contribution.

Using this Guide

This workbook is a tool. You must be the craftsperson. If there is a category that you do not relate well with, let it go. Don't force it. Spend time with the exercises and processes that you find helpful.

The Process

- 1 BRAINSTORM.** In each category, jot down whatever comes to mind. Don't filter your thoughts at this point. When finished, rank the top 3.
- 2 GATHER.** Take a step back and look through the eight categories for insights, themes and/or questions that arise.
- 3 SOLICIT.** Check and challenge your thinking with a few trusted people.
- 4 PLAN.** Make some plans and act on them, appropriate to the degree of your clarity.
- 5 REVISIT.** Keep learning and developing. Return to this work regularly and view it in light of your current circumstances.