

**HOW TO MANIFEST YOUR TRUE SELF BY**  
*finding your passion*

**STEP 1: REFLECT ON YOUR LIFE**

What do your days consist of?

What makes you happy?

What kind of lifestyle do you want?

What activities do you like to do?

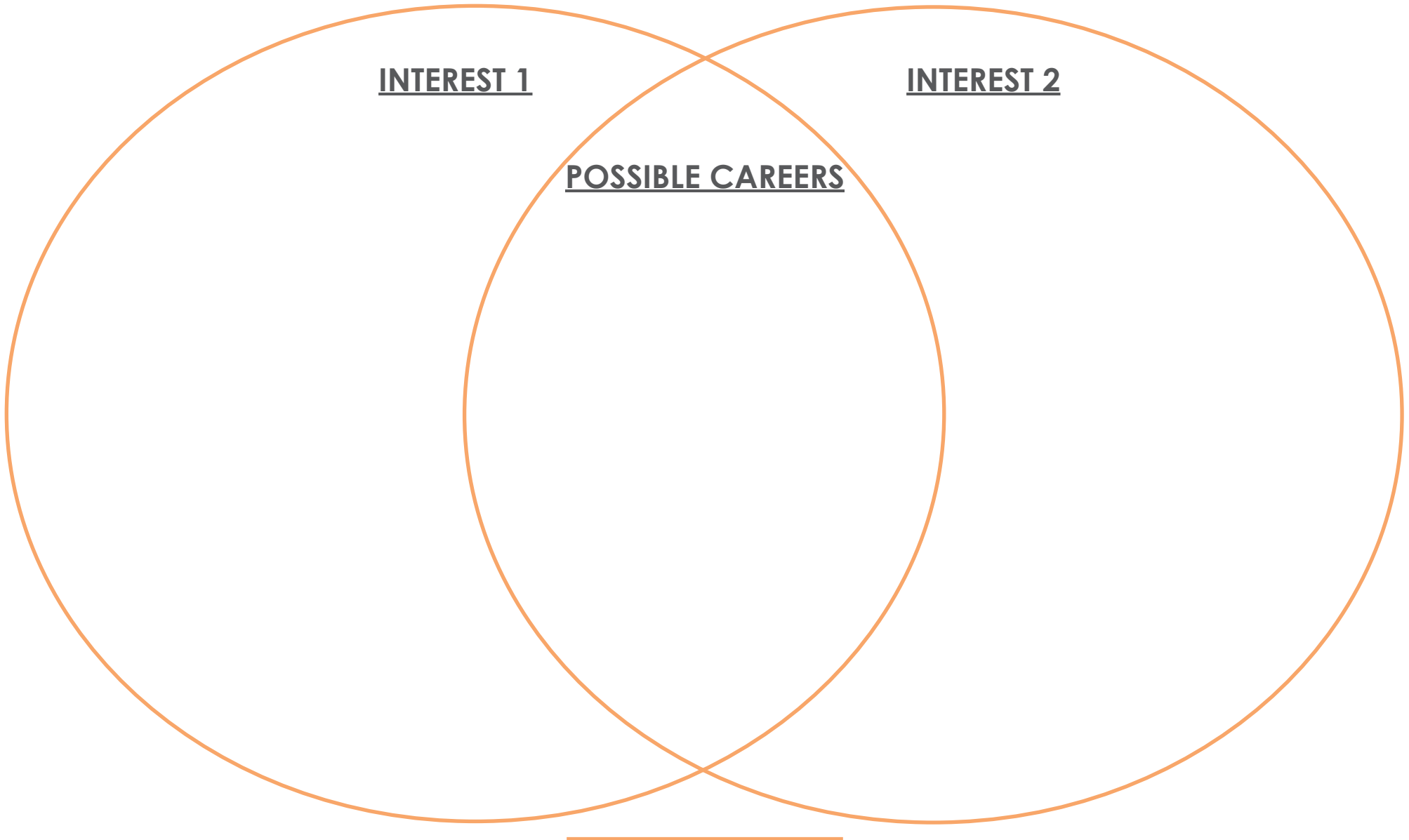
What websites/books do you gravitate towards?

How do you decompress?

When do you feel most alive?

## STEP 2: NARROW IT DOWN

Create a venn diagram. Write out one interest in each circle, along with reasons why they interest you. Where the circles intertwine, jott down ideas for careers or activities. If you have, let's say, four interests you just can't choose from, go crazy and create two sets of venn diagrams. Mix and match - the possibilities are endless!



### **STEP 3: CHANGE YOUR PERSPECTIVE**

This is where the magic happens and also about the time when you start to doubt this process. Old thought patterns may rear their ugly head and make you feel like you have no idea what you're doing. Keep in mind that when thinking about careers or interests, you don't want to don't look at them from a traditional standpoint. Think outside the box, or in this case, circle.

We're conditioned to believe that there's one path we should stick to. But I ask you to challenge that. Restructure the way you think about your future and ask yourself what will make you happy NOW. There's always time to evolve that into something else in the future. If an idea sounds far-fetched, remove the stigmas or biases you may have and nurture it.

Suggested books and blogs to help with this step:

The Art of Non-Conformity: Set Your Own Rules and Live the Life You Want  
The 4-Hour Workweek  
The Tim Ferriss Show  
Marie Forleo

### **STEP 4: RESEARCH**

Once you've narrowed it down, jot down up to five possible careers or hobbies to develop, then research the hell out of them. Even if the only thing you get out of this exercise is finding an unpaid organization to volunteer at, you're one step closer. You never know what can become of that.

**Possible career or hobby 1:**

**Helpful resources, websites, books, etc to explore:**

**Possible career or hobby 2:**

**Helpful resources, websites, books, etc to explore:**

**Possible career or hobby 3:**

**Helpful resources, websites, books, etc to explore:**

**Possible career or hobby 4:**

**Helpful resources, websites, books, etc to explore:**

**Possible career or hobby 5:**

**Helpful resources, websites, books, etc to explore:**

## **STEP 5: CREATE A PASSION NOTEBOOK / EVERNOTE**

Having a home base for all your thoughts and ideas is super helpful - especially when you're reflecting or making new plans months down the line. You can categorize the notebook in several ways. From resources to look into to establishing goals, creating these sections will help when setting up your plan of action.

## STEP 6: TAKE ACTION

This can look different depending on how you've narrowed down your list. Here are some suggestions to start with:

1. Bookmark or subscribe to blogs and websites that speak to your calling. Check in with them daily. Ask yourself: What makes me gravitate towards these sites? Find any commonalities and jot them down in your notebook.
2. Join organizations (charitable or otherwise) where you'll get out of your comfort zone a bit.
3. Participate in boot camps or seminars tailored to your main area of interest. Both are awesome in uncovering where you thrive.

## STEP 7: DON'T LOOK BACK

Focus on where you are and trust that everything you've done up to this point has prepared you for whatever path you decide. Be open to whatever changes come your way. It took me two years to figure this little bit out, but I know now that I'm exactly where I need to be.

## BONUS STEP: STAY ACCOUNTABLE

You're either one of two types of people, each of which works best in different environments.

**You love lists and tackle projects little by little.** Use a dedicated notebook to keep track of your detailed 'to do' list. Or if you're into digital project management systems that allow you break your plan down into small steps, try using Asana. It's FREE and gives you the tools to break down your new and overwhelming list into projects with subtasks so you're doing a little bit every day.

**You think big picture and don't want to deal with the details.** Dedicate two days a month to your passion project. Make appointments, reach out to key influencers, and create your own plan of attack that may not be focused on taking small steps every day.