

13

**SECRET
QUESTIONS
TO HELP
YOU
DISCOVER
YOUR REAL
PASSIONS**



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WHY DO MOST OF US LIVE UNFULFILLED LIVES?

The **number 1 reason** why people don't live fulfilled lives is that they **don't know what their passions are**.

The **2nd biggest reason** is that they know their passions but **they don't live them**, they don't live in alignment with their passions, mostly because of fears and limiting beliefs.

And some people don't know what the word "Passion" means exactly (except for the sexual context).

So, to help you to find your passions, you may **think of passion as anything you love DOING**. (not as a result of doing something)

It's a strong feeling of enthusiasm about doing something.

Passion is also when you put more energy into something than required to do so. Its more than enthusiasm.

We are all very unique and **everyone is fulfilled by different things**. To feel fulfilled shall be your ultimate life goal. Not to be successful, but to be fulfilled.

"SUCCESS WITHOUT FULFILMENT IS AN ULTIMATE FAILURE."
Tony Robbins

TAKE YOUR TIME AND LET YOURSELF DREAM

And here are the questions to help you to discover your passions.

I would encourage you to make yourself a nice cup of tea (or have a glass of wine :)), listen to some beautiful relaxing or meditation music and think of these questions below. Make sure you have the time and peace to do this without any distractions.

And, **be honest**, don't think about what you should be doing, not to disappoint the ones you love, but what you would really love doing, what would feel right for you. Imagine you can design your life from tomorrow and start from scratch. Imagine you have many million Euros on your bank account and all money you need to live the life on your terms. Also imagine that you don't live in the country where you are right now, you are not married, no kids ... simply **ignore all practical issues** which would hold you back from dreaming big about your "dream life" (if you dream about living in the Caribbean and having a bar on the beach, but you live in Canada, have four kids and wife who does not want to relocate, ignore that :) for this exercise)

This exercise is just for you. No one is judging you and anything is possible. We are visualizing and fantasizing here.

And remember, we all feel fulfilled by very different things, so **don't look at other people's passions and desires**. You are now designing your own dream life!

I love dreaming [with this kind of music](#), you may try it yourself. But if you prefer something different, that is of course completely up to you.

13 SIMPLE BUT IMPORTANT QUESTIONS

- 1 What are you doing when you feel you “shine”?
- 2 What do you love reading, what are your really curious about? If you have very limited time, what do you prefer to read? What keeps you late at night researching (on the internet)?
- 3 What do you love doing for hours? What's fun for you? What are the activities during which you may even forget to eat?
- 4 Which people do you admire? List a few of them.
- 5 What do people compliment you for? What are you good at? What are you uniquely gifted at? (What do you do better than others?)

- 6 What makes you feel free? What gets you charged up?
- 7 What is something you believe that almost nobody agrees with you on?
- 8 Return to your childhood, remember things you wanted to be, the habits you developed naturally, the games you played, the books you read and see how they may apply to your life and career today. You might be surprised by the connection points that have been right under your nose all the time :)
- 9 Complete this sentence: "If I had no risk of failing and had a guarantee of succeeding, I would... "
- 10 If you had 2 Billion Euro on your bank account tomorrow, what would you be doing for yourself, your family or for society? If money was no driver at all, what would you be willing to try?

- 11** What would you do for free, just because you love doing it? What would you be doing even if it requires you spending some money? (Some people are passionate about cars, its not just a hobby, but a passion and they even invest lot of money and time into that.)
- 12** What would you like to be remembered for? What would you like people to be telling about you after you die?
- 13** What is the overall connecting topic of the workshops and seminars you enjoyed attending the most?

ARE THE ITEMS ON YOUR LIST REALLY SEPARATE PASSIONS?

Now I would like you to write **a minimum of 10 statements** as explained here below.

Start the sentence with "When my life is ideal, I am ...". Based on the previous 13 questions, you may have a better vision of what you would be doing if you had all the money and resources and how you would live your life. So, now I want you to write what you would be doing in your ideal life. How would you live it? Where? With whom? What would you be doing and how? And also, how would you want to feel etc?

Examples could be:

When my life is ideal, I am traveling the world to explore to meet new people and learn new cultures.

When my life is ideal, I am enjoying great health and energy.

When my life is ideal, I am helping other people to become better at their career.

When my life is ideal, I am active in environmental organisations, influencing the world.

When my life is ideal, I am dancing salsa with my partner.

When my life is ideal, I am writing a book to change the lives of others.

When my life is ideal, I am being the best role model for my children.

When my life is ideal, I am inviting friends over for unforgettable dinners

When my life is ideal, I am surrounded with super positive and inspiring people.

When my life is ideal, I laugh daily and enjoy every moment.

When my life is ideal, I feel present at any moment.

Write in present and positive tense. Try to include what would you do at work, at home, with whom, how would you actually live your life? How would you be feeling?

For some people, when they get into the fantasizing action, they have a hard time to stop and may have even over 30 things on their list.

When you have more than 20, look at the list again and see if there are certain activities which are connected and **could be grouped**. E.g. one of my clients had on his list that he wanted to be a politician and a photographer. When I asked him why he wanted to do those two particular activities, in both he wanted to influence the world. As a politician he would have power to influence and also by doing photography he would have another way to influence. So, what he actually wanted, was to have influence.

So, go through your list again and think, **what is behind each of your activities** on the list. Why do you want to be doing them? What is the feeling they bring you? If you list e.g. traveling, is the passion sitting in the plane or is it discovering new places, meeting new people, or tasting new food? What is the real reason behind the points you listed? Would you be passionate just about traveling, if you would travel just back and forth and have no time to have other experiences? (Most likely not).

LET'S MAKE THIS WORLD A HAPPIER PLACE!

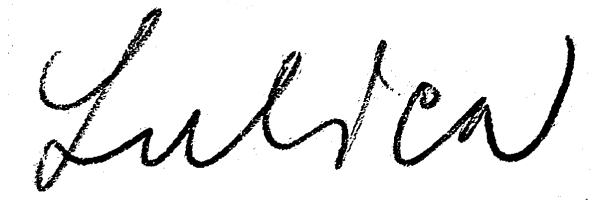
I live my passions daily. I am very clear what they are and try to include them into my life whenever I can.

I also know which passions are my top priorities now, at this moment in my life. I prioritise them.

Living a fulfilled life feels extremely good. I feel energetic. I love what I am doing. I am happier and even healthier.

And I want others to have this privilege, too. I want to help others to have a more fulfilled life as well. So, if this guide helped you to get a better view on your passions, please share it with others, too and let's make this world a happier place :)

With passionate regards,

A handwritten signature in black ink, reading "Lubica Kangas". The signature is written in a cursive, flowing style with a light grey shadow effect behind the text.