

# **Sense of Life Purpose, Week 1**

## **5/6/24**

**So, what do you do if you don't have a fully developed passion?**

### **1. First, let yourself off the hook.**

Recognize that a life spent moderately pursuing varied interests will not lead to a clearly identifiable passion, and that's okay. Stop trying to force it. It's never too late to pursue your interests. And, having a single, high-intensity passion is not a requirement for a fulfilling life.

### **2. Second, being with what you DO know.**

Even if your interests and inclinations are moderate, follow the trail. Deep down you know certain things you have NO interest in and others that you do. Allow yourself to explore and play.

### **3. Third, be open to trial and error.**

Don't be afraid to guess if you're not sure. There isn't just one thing you can become passionate about. And don't be afraid to stop pursuing any interests that lose their appeal. Trying many things, even more than once, is how interests are identified and developed.

**And lastly, consider if any of the characteristic of  
passion development have been  
holding you back.**

1. Have you allowed yourself to follow your impulses or interests?  
Or do you brush them off as unimportant?

2. Have you put yourself in situations where you could have more  
exposure to your interests or get more support? Or do you live  
within the bounds of your comfort zone?

3. Have you allowed yourself to move forward even in the face of  
the unpleasant aspects of your interest? Or have you expected  
perfection and rejected hard work or necessary effort?

4. Have you allowed yourself to play and fail? Or have you avoided  
your interests because you aren't great at them?

5. Have you applied yourself to deeper exploration through  
deliberate practice? Or have you left the development of your  
passion up to chance or "when I feel like it"?

6. Have you considered the impact you would like to make in the  
lives of others and the meaning this would bring to your pursuit?

This last question is perhaps the most important of all.

***Purpose is more powerful than passion.***