

Do you ever feel like you do a “good job” but lack passion for where you’re at?

Do you feel like you’ve lost sight of who you are and what you were meant to do?

I’ve been there too. For many years I did things I was “good at” not necessarily passionate about. For many years I worked at an accounting firm because I was good at numbers. But after 7 years I was bored. Once I moved into the Human Resources field I began to love my work again. Why? HR is my passion and I get to coach others and impact the organization in a positive way through being a mentor.

What I learned is that being successful and fulfilling your life’s mission are not at all the same thing!

The first step in making a difference is being different! Don’t try to be like someone else, or do what someone tells you that you should do, do what you know in your heart is your life’s passion. The following exercises will help you start to figure out how you can be authentically you and love your work again.

Let’s start by making some lists. These lists will help you see what fuels you up to you can be more fulfilled at a job you already love but are bored at, getting a promotion, getting a new job, finding your fit for volunteering or even finding a hobby you like to do.

First list: What are your passions? Nothing is too crazy. This can be anything you love to do from baking, to sewing, to public speaking, analyzing numbers, dog walking, or even babysitting. Take 5 min to write down everything that comes to mind.

Second list: What are your talents? Your talents are those God given gifts that you know you do well. These are things like, singing, dancing, public speaking, entertaining others, growing a garden, etc. Write down all that you can think of. Take 5 min to write down everything that comes to mind.

Third list: What skills do you have? Skills are things you’ve learned over the years that help you perform well. Are you good with social media? Do you know how to create a spreadsheet and graphs like nobody’s business? Are you good at mechanical things? Or maybe you’re super creating a website! Take 5 min to write down everything that comes to mind.

Did you notice if your passions, talents and skills are not the same thing but are related to each other? If not — why do you think that is?

Do you ever think, “I can’t get promoted or make a job move?” Or maybe you’re thinking, “I’m not smart enough or accomplished enough to be a part of that organization?” Well, you’re wrong! You have all the skills and abilities you need to be, do and become who you want.

Now make one more list. This is a list of all the things you’ve already accomplished in life. Some examples may be: raised kids successfully, installed a new payroll system at work successfully, remodeled a house successfully, won a championship with your team. Write down anything you can think of for the next 5 minutes. No Matter how big or small write it down. They all matter.

So you’re probably wondering how do you tie these all together to create that dream that’s in your heart. When you look at all the things you wrote down, and think about what you’re most passionate about in life, what is your “dream job” or “dream opportunity” in your personal life?

If you were to take all the things you wrote down and created a resumes from them, stepped back and look at them through someone else's eyes, would you be impressed? I bet you would.

Now look at where you are now. Why are you dispassionate or unhappy? Here are some questions to dive into it that will help you see what's working and what's not.

Are you working from your strengths? Those God given talents that fuel you up when you use the? If not why? When you work from your strengths and use them to pursue your passion you can't go wrong.

Are you working/volunteering for an organization who's mission is your passion? Why or why not? If not, you need to really take a look and see if you're serving the organization and yourself the best way you an. It's OK to say it's not the right fit and make a change.

If you're the one who's bored... Here's the thing, sometimes we get stagnate even where we sit. I've been in all of these places in my career. Taken jobs that I had the skills for, but didn't see the purpose or align with the mission.

I've even been bored in my current position where I work from in my passion, but when at looked at why I was bored, realized I wasn't working from my strengths! I was missing the passion because I wasn't authentically being who I was meant to be at work! What? Yes, that's a thing and it's OK!

Now it's time to create a plan to get you to that next place. The first step is to write a plan for yourself based on your lists you've created. Sit down and decide who you WILL be going forward and who that looks like. You know those cute avatars we all use on Facebook? What do you want HER to look like and represent? Create her on paper. Don't leave out any details. The more detailed you are about what you want, the more likely you are to get there. Clarity is key!

Second, write that resume and then look at your skills and abilities along with your passions. What jobs/business/organization aligns with those things? Not sure, then do a search on Indeed or Zip Recruiter. Search with key words that play to your passions and strengths. Here are some examples: data analysis, dog walker, social media, public speaking, coaching. You'll be surprised what comes up.

Once you've taken these steps, you can create a plan to apply for a new job or start working toward a promotion or job change or even just rejuvenating yourself where you are. Put it all out on paper and then apply a timeline to it.

I you're rejuvenating yourself at work, make a meeting with your boss. Put together your list of accomplishments and a written plan for where you want to go or what projects/contributions you plan to make. Have a written plan that you can share with your boss and be sure to highlight your skills and talents. This is your chance to toot your own horn and let others know who you really are and who you are willing to become. Show them that you're proud of what you've done and know you can do more to improve and enhance the organization.

I know that it's easy to get excited and want to make this move, but then... that self doubt creeps in and we make an excuse for why we can't! We've all been there! I was even there when writing this! Yup! Even me!

Something I teach in ladies self defense classes is making sure you're taking up space. What does that mean. Think of a cat that's feeling threatened, it arches its back, puffs out its fur and

makes herself look as big as she possibly can. Now I'm not saying get mean or scary, what I'm saying is stand tall, shoulders back, hold your head high! In fact, I want you to try it right now.

First - stand with your feet shoulder width apart. Now - roll your shoulders up and back and let them drop. Hold the crown of your head up toward the ceiling. How does this feel? Let's compare something for a moment. Slouch your shoulders forward, look at the floor. How does this feel? Not so great I'm sure. Go back to the head up posture. Feel the difference? That alone will help you take the first step.

Now here's something for those of you that like proven facts. Scientific studies show that excitement and fear feel the same physically within the body. Yup - you can take that fear and turn it into excitement. Here's how,

When you get ready to present your idea, submit your resume, or apply to be a part of that organization, instead of letting your fear take over, remember what excited you to get here in the first place! Let that passion for who you are and what you're meant to do lead you forward.

You deserve to take up take that space, You were MEANT to take up that space!

Positive affirmations will also help you build that courage muscle. If you aren't already using them you need to start. They can be as simple as "I am enough." Or as complex as "I have all the talents, skills abilities and connections I need to move forward to becoming who I want to be and pursuing my passions." And they should change over time! This is a good thing, this means you're making progress.

Finally, who are you surrounding yourself with? Jim Rohn always said, "you are the product of the 5 people you spend the most time with." Be sure to surround yourself with people who lift you up, believe in you, speak positive words over your life, and truly support you no matter what.

Know that it's OK to limit your time with people who drain your energy and create negativity. Even family members that are not supportive should be given limited time and energy.

Know that you are here, reading this, because you're ready to make that change. You would not have dedicated your time if you weren't truly ready to make these changes.

Grab a journal, write all of this in it and keep adding to it. You're hopes, your dream, your affirmations, your accomplishments. Keep a running record close by.

Finally, know that I believe in YOU! You can do this!

Lisa Boucher
High Performance Coach
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