

Pursue Your Passion!



Reasonable Accommodations Available Upon Request

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Arapahoe/Douglas
WORKS!
Workforce Center
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Thank you for choosing to
attend our
Pursue Your Passion
workshop brought to you by
the Arapahoe/Douglas
Works! Facilitation team.

We facilitate all our workshops as if they are in a live classroom setting. Please be respectful and mindful of your camera if your video is on.



The Secret Life of Walter Mitty - 2013

Steps to Pursue Your Passion

- Find your “WHY”
- Set ULTIMATE goals
- Set MILESTONE goals
- Change and reevaluate the plan
- Don't give up
- Learn from your mistakes

Why Do Most People Work?

- **53%** of US workers are not engaged at work

"not engaged" means they may be generally satisfied but are not cognitively and emotionally connected to their work and workplace

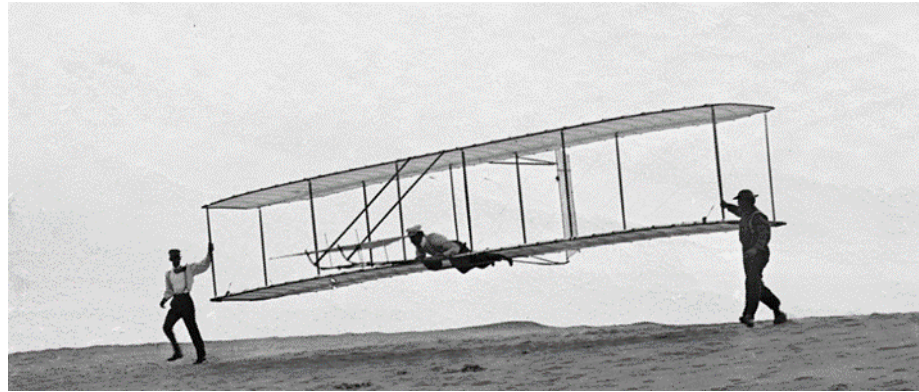
- **13%** are actively DISENGAGED!

"Disengaged" means they're unhappy and bring others down with them.

- Only **34%** are actively engaged.

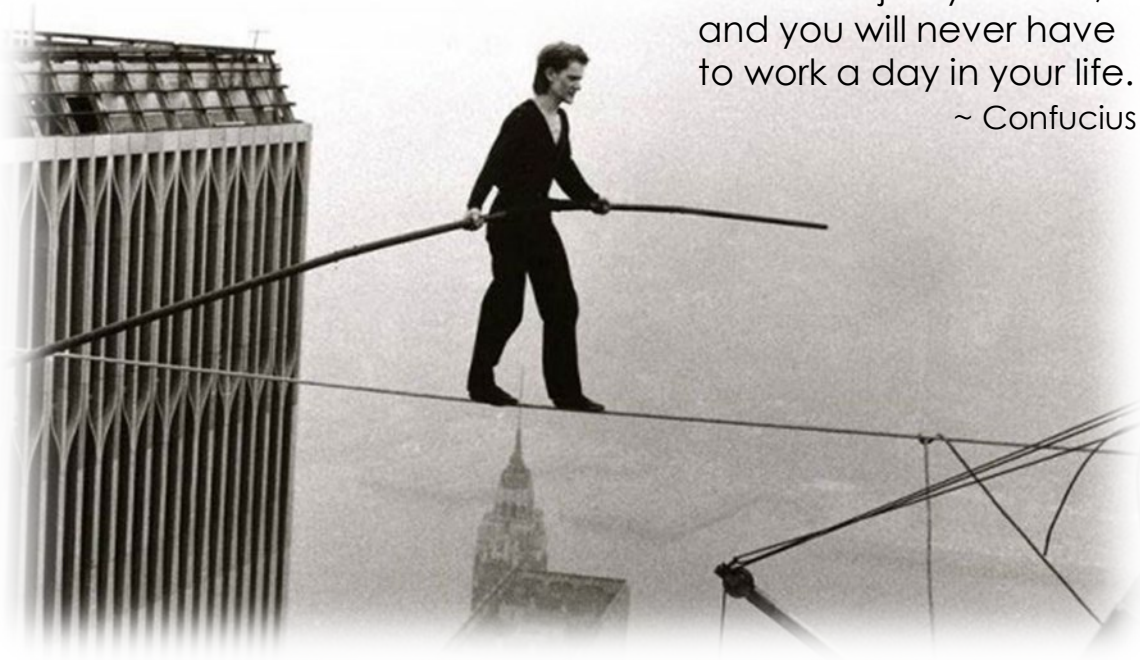
KNOW YOUR “WHY”

The Wright Brothers Took Flight with Their “Why”



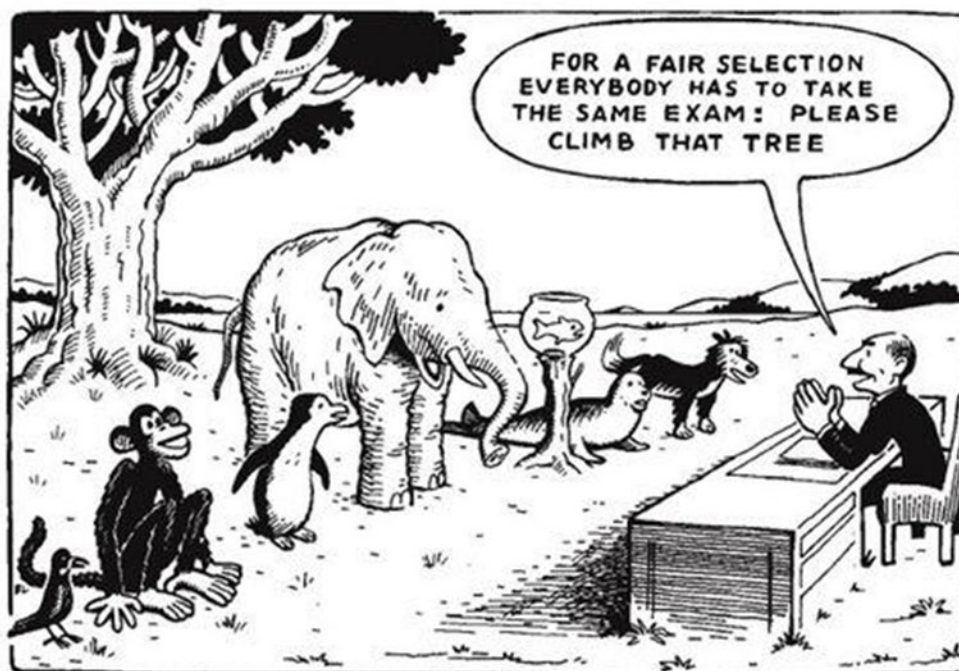
Find Out What You Love!

Choose a job you love,
and you will never have
to work a day in your life.
~ Confucius



“Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid.”

~ Albert Einstein



If you don't know you "WHY," FIND IT!

1. What did you LOVE to do in your youth?
2. What are you doing when you lose track of time?
3. What do you have a passion for?
4. What tasks have you liked in previous jobs?
5. Try new things (even if you think you won't like it...
you might be surprised)

Breakout Activity

- Look at the “Find Your Passion” handout and fill in as many blanks as you can. (5 minutes)
- Discuss one to two of your answers on the worksheet in groups of 2 – 3, and brainstorm ideas for how to incorporate your passion into your career. (2 – 3 minutes per person)



Start Here

Brainstorm your list.

In each hexagon above, complete the sentence with a different activity. You may find that your answers range widely (from, say, apple picking to hula-hoing to dancing to meditating)—which is fine. Try not to censor yourself or respond in ways you think you “should.” Be as honest as possible.

Now whittle it down.

Ask yourself, *If I had to choose between the first activity and the second, which is more appealing to me?* If you get stuck, close your eyes and envision a life in which the first activity plays a major role and the second doesn’t exist. Now envision a life in which the second activity plays a major role and the first doesn’t exist. Which image feels better? Once you have your answer, put your finger on the winner and compare that choice with the third activity. Repeat this exercise all the way around the loop, sorting your finger to the winning activity after each comparison; when you complete the loop, your finger will be on your number one passion. Write that activity at the top of the list below, and move on to the next activity in the loop. Now repeat this process four more times (always starting from the top), and each time, skip the 3rd out activities. You’ve just found your top five passions.

MY TOP 5 PASSIONS ARE...

This exercise was created by Janet Bray Attwood and Cheryl Attwood, coauthors of *The Passion Test: The Effortless Path to Discovering Your Life Purpose (Pleno)*.

Setting Goals



A Goal Should be...

- Specific
- Measureable
- Attainable (possible)
- Relevant to your end result
- Trackable and have Timelines

Bonus!

- Inspirational
- Engaging the right people

Ultimate Goal:

Write a Book

Milestone Goals:

☐ **Step 1:**
Research Topic
and organize
book outline

☐ **Step 2:**
Write one
chapter each
month

☐ **Step 3:**
Have
manuscript
edited

☐ **Step 4:**
Publish Book in
15 months

VISUALIZE your goals as if they
have already happened

Be Specific & Set Timelines

Ultimate Goal: Write a book

Specific: I will write a book about (topic) that is a minimum of 120 pages.

Measureable: I will research and write one, ten-page chapter per month, or at least 2.5 pages per week.

Attainable: I will work on the manuscript first, and will begin to research publishing options in month 3.

Relevant: Writing a book on (topic) will help me pursue my passion of being a consultant and establish myself as an expert.

Trackable/Timeline: My manuscript will be completed in one year, and will be ready to be published in 15 months.

Be Specific & Set Timelines

Ultimate Goal: **Write a book**

Step 1

- ☐ **Research topic and organize book outline**
 - ☐ Read other books and articles on the topic
 - ☐ Interview experts or people involved with that topic
 - Set at least two appointments per week
 - Ask for referrals for other knowledgeable sources
 - ☐ Determine number of chapters and information to cover

Step 2

- ☐ **Write one chapter a month**
 - ☐ Research and write one, ten-page chapter per month, or at least 2.5 pages per week.
 - ☐ Adjust book outline as needed for chapter addition or removal

Be Specific & Set Timelines

Ultimate Goal: **Write a book**

Step 3

☐ **Edit manuscript**

- ☐ Proof each book section and chapters for grammar and spelling errors
- ☐ Have at least 3 other people read and proof the book within 2 weeks
- ☐ Additional ideas?

Step 4

☐ **Publish Book**

- ☐ Research publishing options and companies
- ☐ Send manuscript copies to publishers
- ☐ Additional ideas?

**Plan REWARDS when you complete your
Milestone Goals, and a huge party for
achieving your ULTIMATE GOAL!**

Getting Started

Take a few minutes to start writing down an ultimate goal with milestone goals on the handout.

A Goal Should be...

- Specific
- Measureable
- Attainable (possible)
- Relevant to your end result
- Trackable and have Timelines

Bonus!

- Inspirational
- Engaging the right people

My Ultimate Goal:

Milestone Goals:

When you're a kid, life tends
to "give" you motivators

LIFE

PARENTS

SIBLINGS

TEACHERS

COACHES

Now

YOU

Choose!

Successful Family
and Friends

Coaches

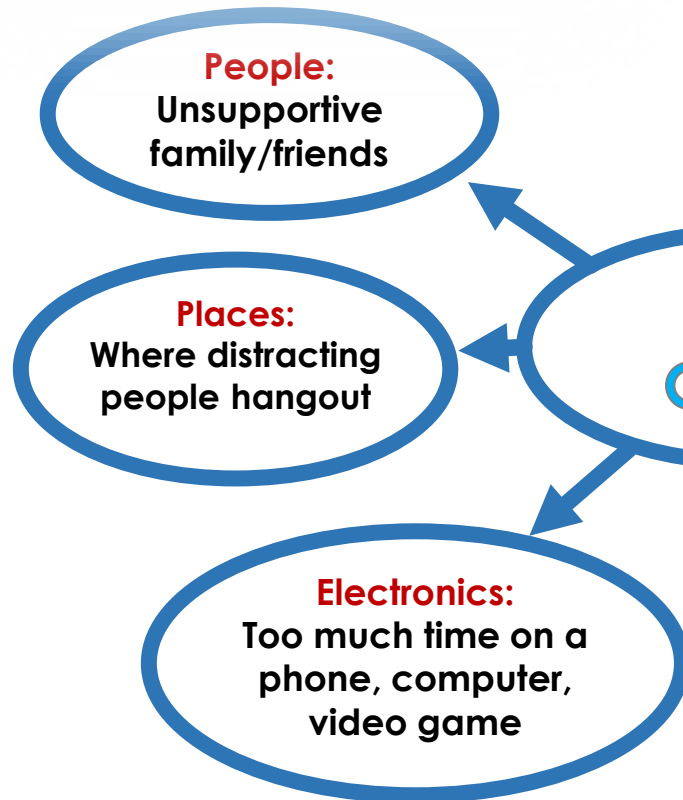
Teachers

Mentors / Counselors

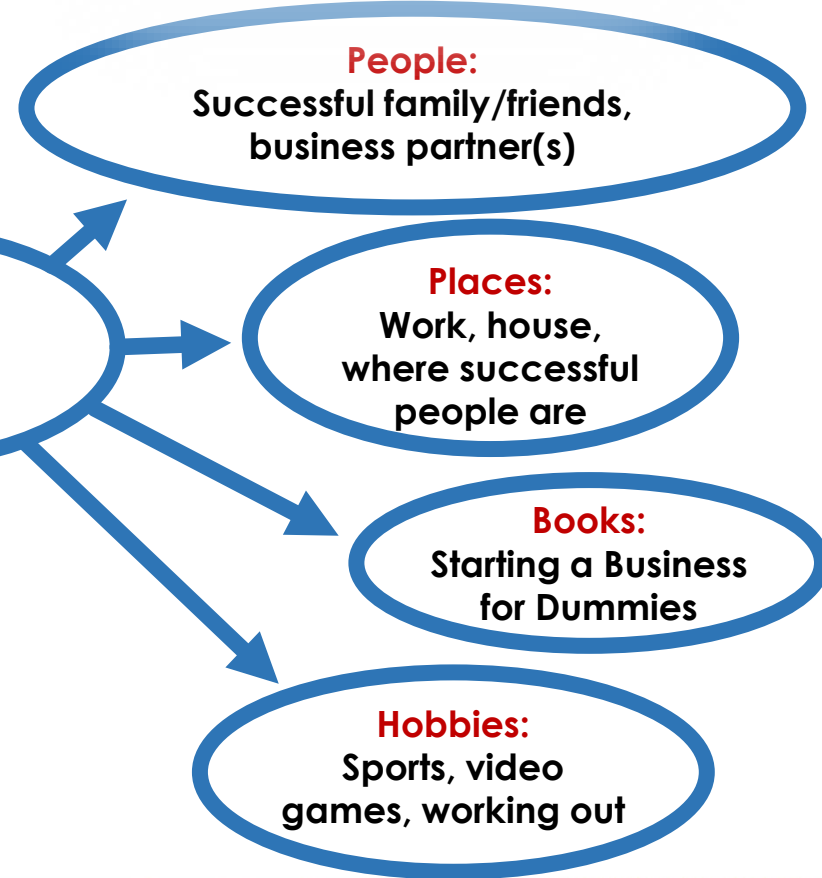
Share, Report, and Celebrate!

Mind Map

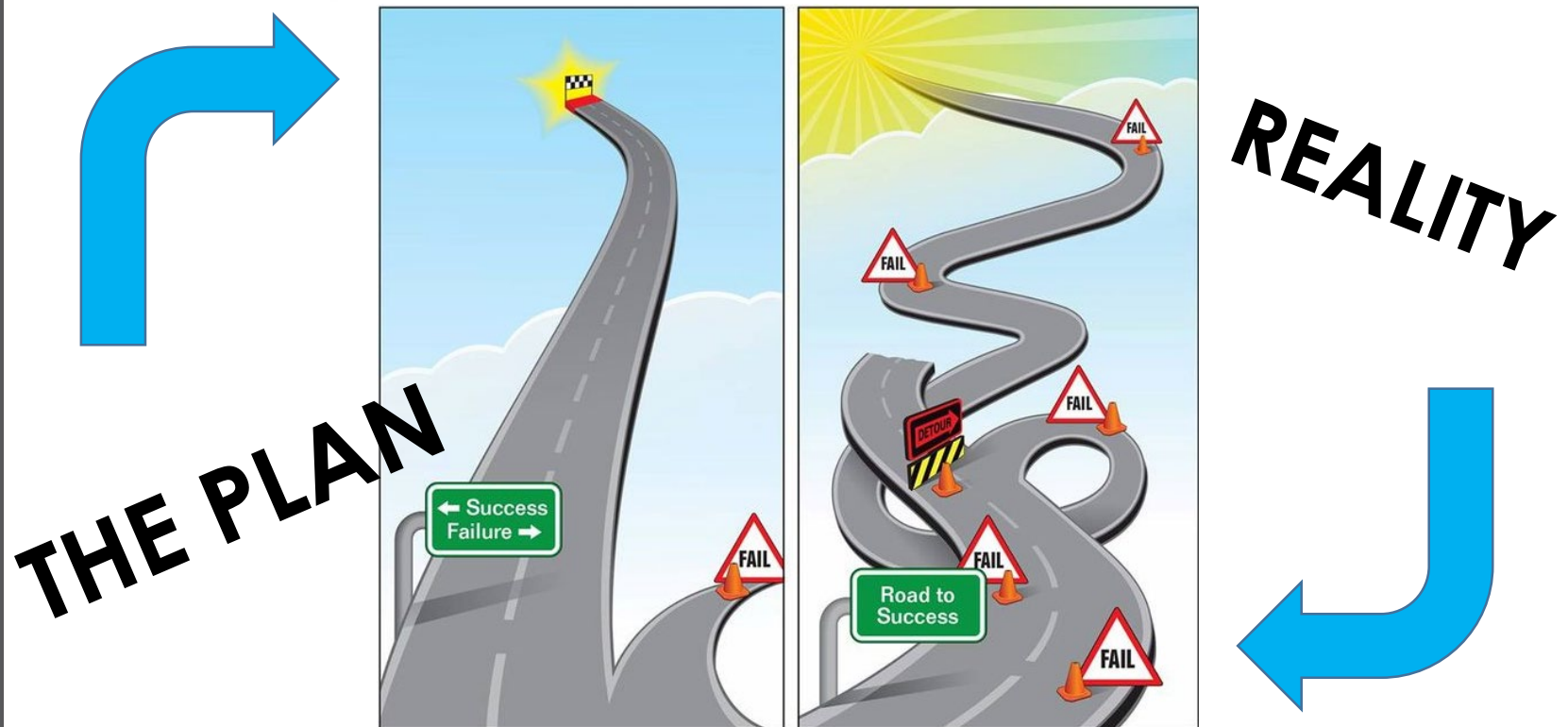
Distractions



Motivators



Change & Reevaluate



NEVER QUIT, BECAUSE FAILURE LEADS TO SUCCESS!

CHANGE is the
only **GUARANTEE**,
and our response
is what we should
CONTROL

How Steve Jobs Dealt with Change



Becomes
Apple's CEO
Once Again



• PIXAR



DROPPED "IN" ON:

Calligraphy



Change & Reevaluate

What if a goal or deadline isn't met?

- The celebration/reward you planned doesn't happen
- Write what hurdles got in the way, and how to avoid them in the future
- Let go of what was beyond your control to change
- Talk to your people and get advice
- Invest time in writing a changed and revised plan

BARRIERS ARE JUST UNDISCOVERED SOLUTIONS!

CELEBRATE!
**WHEN YOU COMPLETE
A GOAL!**

Don't Wait, Start Now!

- Take a Start a Business class at ADWorks!, Chamber of Commerce, or Small Business Association
- Do your passion part-time
- Temporary work related to your passion
- Join the Gig Economy: [Upwork.com](https://www.upwork.com)
- Work with a mentor or group

GO!
**PURSUE YOUR
PASSION!**

Thank you for attending our workshop today.

We'd appreciate your feedback. Please click on the link below to access our workshop evaluation.

We especially enjoy your personal comments.

Workshop Evaluation, link

<https://fs8.formsite.com/adworks/Evaluations/index.html>

PowerPoint and Handout, link

<https://www.adworks.org/index.php/job-seekers/online-powerpoint-workshops/>

To reach a Career Services Advisor, link

<https://www.adworks.org/job-seekers/>