

How to discover your passion

By Dr. Mykim Tran, Humanistic Psychologist

Passion is something that helps, inspires, motivates, and empowers you and others to live better. Passion is not just for your career but something you do to nourish your spirit.

Having a passionate career to support yourself financially is ideal, but if you are not in a career that uses your passion, or if you have retired or don't need to work, you still need to find and pursue your passion to nourish your spirit. Applying your passion brings meaning and purpose to your life. As long as you are alive, you must keep your spirit alive. Therefore, you should pursue your passion throughout your life, regardless of what happens.

Myths about discovering your passion

- Know at a young age
- Need to be smart
- Should stay the same throughout your life

The mindset

- An individual journey
- A lifelong journey, learning, applying, and adjusting
- Start small/general and grow

Passion development

- Start now: Start out general, don't need a big idea
- Trial and error process
- Learn, grow, and evolve into something bigger
- Don't need a big idea to make a difference
- Aha moment, in the process

Discovering your passion

The following are some tips to help you discover your passion. As you go through each tip and discover your passion, there are certain things you should do. After reading each tip, write down two things related to that area. Writing helps you see them clearly; it is like brainstorming. If anything comes up, write it down. Don't hold back because you think it is stupid or silly. Avoid limiting yourself, as passion can stem from something you might consider silly or unimaginable. Once you have written everything down, revisit and evaluate which ones are your strongest to see where your passion might lie.

Pay attention to your life detail

Focus on the area of your life where you are most successful or satisfied. This could be health, relationships, career, or even skills like organizing, parenting, communication, or leadership—whatever you excel at.

Within that area, write two specific topics that you believe you can help others with. For example, if my success area is health, I could list physical health, and my two specific topics within that area might be nutrition and exercise. Also, make sure to include the benefits that you and others will gain from that area. It is the benefits that will strengthen your passion.

Pay attention to your life experience

Do you have a negative experience that transformed your life for the better? The main reason you are able to overcome that negative experience is because you have the strength to do so. Otherwise, you wouldn't be able to overcome it. Your experience could be something small.

You want to examine your life up until now and see what you have overcome and how you have become a better person because of it. For example, when I started my career as a speaker, I talked a lot about health and self-esteem. One reason is that I overcame low self-confidence and self-esteem. I was overweight during my teenage years, and it was one of my worst times. People made fun of me and bullied me often. However, I was able to overcome that difficulty and transform myself. I was so happy with my transformation that I wanted to share my happiness with others. My career began by helping teenagers and young adults improve their self-esteem and confidence through health and wellness.

Pay attention to topics that inspire you

What social issue do you want to learn more about and care about? For instance, pay attention to the way you talk about the topic. If you get excited, have a lot to say about certain things, or defend your opinion passionately, then your passion could lie in it. What is the benefit after you resolve the social issue?

What gets you frustrated?

Is there something that bothers you and that you care about? For example, if cleanliness of the environment is your passion, do you get frustrated with others when they litter? Even a small piece of trash on the ground can annoy you. When it comes to your passion, the little details matter. Sometimes you might just pick up after others to make sure the environment stays clean. A clean environment is important to you because that is your passion.

For example, the reason I decided to get my bachelor's degree in media communication is because I did not like how the media negatively influences everyone. When I came to America, I noticed that the media were having a negative influence on people, especially

kids, encouraging them to do things that aren't good for them. I get really frustrated with the media. Therefore, I decided to pursue my bachelor's degree in media communication to learn more about the media and help others avoid being influenced by them.

What gets you emotional?

Do you get emotional when you see a child being abused? Do you get emotional when people abuse animals? The reason you feel this way is because it touches your heart and soul, and that is where your passion lies. For instance, whenever I see people overcoming challenges or failures while pursuing their goals and dreams, I become emotional. It is not their dreams and success that move me, but the learning and growth they experience while overcoming challenges and achieving their goals. The self-confidence and resilience they gain are what truly makes me emotional.

Who inspires you?

Who inspires you in life? The main reason you get inspired by them is because, on some level, you share similar passions. It could be one person or a group of people. Also, write down two specific areas of what they do that inspire you. For example, another reason I started my speaking career is because I was inspired by the personal development industry, motivational speakers and trainers who help others achieve their goals and dreams. Inspiration can come from videos you watch, books you read, or audio you listen to. It could also be someone in your personal life.

Those are the tips. Take some time on your own and reevaluate to identify the top three areas that keep showing up for you. From those, select the most important one, and that is where you should begin. You need to get started.

Learning and applying

Whatever you decide to begin your passion journey with, you must go through the process of learning and applying to determine if it truly is your passion. This will give you a clearer understanding of where and how to adjust and move forward to grow your passion.

Learning

There are three common types of learning.

Formal education: You attend college or university to learn about a topic. The reason it is called formal is because it is credited by the educational system.

Informal education: You take a course at a community center, a seminar, or an online training event. It is called informal because it is not credited by the educational system, but it is still an effective way to learn.

Self-education: You learn on your own without someone physically there to support you. You can read books, watch videos, listen to podcasts, have a mentor, or research on Google.

You want to learn from all different types of education to gain the most knowledge and skills. For example, let's say you want to learn about nutrition. If you only learn nutrition from a college or university, you will not learn a lot. Nutrition is a wide field, and colleges and universities are not going to teach you everything about nutrition. You also will not learn everything about nutrition through informal or self-education. It is impossible to cover everything in one type of education. No matter how much you learn through self-education, there are certain things about nutrition that you need someone to formally teach you to know that they exist. The more types of education you explore, the more knowledge and skills you will have to become successful.

If your enjoyment and motivation levels increase during and after you are learning, then it indicates that you are getting closer to your passion. Conversely, if your excitement and motivation decrease, then it is not your passion.

Applying

You must apply what you have learned. Knowing something is one thing, but applying it is another. Applying your knowledge will increase your self-understanding and help you determine if it is your passion or not.

Applying means finding ways to share your knowledge with others. For example, you can create a blog and share it on your website or social media page. Sharing your knowledge publicly will raise your awareness of what you are doing and whether it works, guiding you on how and where to take the next step.

There are many ways you can create and share. You can create a variety of materials, including handouts, programs, worksheets, services, books, and articles. You can share them on your website and social media platforms. Sell your programs and services on eBay, Amazon, or Fiverr. You can also volunteer for your services or get a part-time job. There are other ways I haven't mentioned that you can create and share. Once you discover a new way to create and share, you must take immediate action to test it out. That is the best way to learn what works and what doesn't work for you and get closer to your passion.

If you delay in applying, procrastination, doubt, and fear tend to grow, which leads to inaction and later regret.

Even if you are unsure who is reading and benefiting from your creation, that is okay. The purpose of applying is to increase your awareness. The more you create and share, the better you will understand what your passion is. However, if you truly believe in your passion and

work, others will benefit. Remember, the definition of passion is something that helps both yourself and others. Never underestimate your passion.

Like learning, applying should increase your enjoyment, excitement, and motivation, indicating that you are getting closer to your passion.

Here is a rule of thumb. If you test out an idea for three months and you get bored or drained, then you need to evaluate your passion. You can go back to the questions and explore what other topics could become your passion.

A cycle of learning and applying

Discovering your passion is a cycle of learning and applying. Once you learn something, you need to apply it. After applying, continue to identify areas where you can continue to learn and improve. Each time you learn something new, you should apply it again. It becomes an ongoing cycle of learning and applying to grow your passion.

A lifelong journey

Discovering your passion is a lifelong journey. You will never truly know what your core passion is. There is no fixed destination. There should always be some kind of adjustment. If there is no adjustment, then there is no understanding or growth. You don't want to be stuck with your initial topic for the rest of your life because that is not growth. Don't be afraid to adjust as you grow, because it is essential to help you get closer to your core passion.

However, you don't need to know what your core passion is to start learning and applying to help others, become successful, and find meaning and purpose. But you should learn and apply to get as close as possible to it. The closer you are to your core passion, the more meaning and purpose you will experience when you take action.

Start your journey now

Whatever you believe your passion is right now, you need to take action. You don't have to wait for the next big idea to start making a difference. You can begin with a general topic and develop it from there. Start the learning and applying process and adjust as needed. Sometimes those adjustments will be small, and other times they will be larger, depending on your growth. If you genuinely believe in your current passion and take action, your adjustments will be minimal. Your passion will evolve into a more specific idea and become bigger as you learn and apply. But you must take action early, even if it is small, and grow from there.

Developing the mindset

An individual journey

Discovering your passion is a personal journey. No one else will understand your passion except you, because it is unique to you and may seem odd to others. No matter how much you explain your passion to others, they will not fully understand it. Therefore, others cannot support you fully on your journey to discover your passion. They may not be able to give you the best advice, and sometimes their suggestions can become distractions. In the literature of human potential in discovering your passion, it is recommended that you block external influences so you can trust yourself.

You must take responsibility for your own decisions and trust your instincts, experience, and self-awareness to discover and develop your passion. Focus on your learning and development to guide you. As a human being, you already have the answer to what your passion is. If you don't know the answer, you can find it. Self-trust is essential for discovering your passion. The only support you should seek from others is encouragement to stay on your own journey.

Do the right things

You must do the right thing, no matter how difficult it is to find your passion. Discovering your passion is tough. Not because you don't know what it is, but because of fear and negative influences that distract you. For example, let's say you know what your passion is, but no one supports you; it can create fear and doubt. You might believe you won't succeed on your own. Or if you fail, you think you can't overcome it. Therefore, this fear could influence you to quit. Often, people are so afraid of failure that they don't even give themselves a chance to start, even though they know what their passion is. That is why personal growth is so important — it helps you become stronger than your fear.

Doing the right things also builds self-trust because those decisions tend to come from your intuition. The more you do the right things, the stronger your intuition becomes. It will become easier to block out external influences and trust yourself.

No matter how tough the decision is to move forward with your passion when no one supports you, you must be brave and take that step forward. Yes, it could be one of your life's toughest decisions. However, you need to do what is right for yourself. Otherwise, you are unlikely to discover your passion.

If you are truly following your passion and encountering challenges, you can always find solutions to overcome them. As a human being, you are capable of overcoming anything. Furthermore, a great benefit of doing the right things and following your passion is that people and resources will unexpectedly come your way to support you when you need it.

People love to support great ideas that stem from passion. For example, throughout my life, unexpected people have appeared to support me. They might not support me exactly as I envision, but they support me in different ways.

Even though the journey is not easy, it will be worth it. The growth, experiences, and results you gain will make it worthwhile.

Feed your mind with positivity

Developing and maintaining a positive mindset helps counteract the negativity you face daily. Throughout the day, different people, the media, and society will try to distract you and take your focus away from developing your passion. If you are not positive enough to block out the negative influences, they can overpower and cause you to give up. If negativity affects you daily, it is important to feed your brain with positivity every day to counteract it.

Ways to stay positive

- Attend in-person or online seminars, trainings, and support groups.
- Follow motivating, empowering, and inspiring people on social media.
- Watch videos.
- Listen to podcasts.
- Read books.
- Learn from people you admire and want to learn from.
- Get a mentor or coach to guide you.

There are countless ways to stay positive. You want to be so positive that you are prepared for any negativity. When something negative hits you unexpectedly, you will be ready to counteract it. Do not let any negativity have the chance to distract or influence your mindset from developing your passion.

Live a simple life

You want to live below your means. It gives you more freedom to try different things and discover your passion. Trying different things might not bring you immediate financial return to support yourself successfully. Living a simple life will reduce your expenses. Therefore, you will have more time to focus on developing your passion because you don't have to work as much. In contrast, living a luxury lifestyle involves more expenses. With higher expenses, you might have to work more to cover them. As a result, you will have less time to focus on developing your passion.

Additionally, having fewer possessions reduces your worry and fear of losing them. You are more emotionally free to pursue your passions. Living simply also means having fewer

subscriptions, which helps cut expenses. Keep only subscriptions that are essential for discovering your passion.

Human potential

Learning about human potential helps you understand the importance of passion and how it nourishes your spirit. Passion is one of the best motivational tools in life. However, when you don't realize how powerful passion is, it won't motivate you to discover your passion. You need motivation to find your passion because it is not an easy journey. For instance, when I talk about passion to others, many people say that passion is not important or not a big deal. I believe they say that because they don't understand how important and powerful passion truly is.

Passion is a vital part of your daily life that gives you meaning, purpose, joy, and happiness when you embrace it. Passion nourishes your human spirit, and that is the essence of human potential.

Passion scale

You can use the following statements as your scale to determine if you are getting closer to your passion or not:

- Increase excitement and motivation.
- You are proud of what you are doing.
- You have a positive outlook for the future.
- You get closer to your full potential.
- You are more creative and innovative.

If those five components are stronger within you, then it indicates that you are getting closer to your core passion.

If you enjoy this report and want to attend a live event where I help you develop your passion and turn it into a life purpose, please [click here](#). If you would like more free reports, please visit my website: www.mykimtran.com

Dr. Mykim Tran is a humanistic psychologist, entrepreneur, inspirational leader, keynote speaker, and author. She is on a mission to unlock human potential and is committed to helping individuals create meaningful and purposeful lives. Dr. Tran founded and served as the CEO of the Wake-Up Foundation, a nonprofit organization that empowers people to become agents of social change and strengthen communities. Additionally, she is the author of “Life Success Formula: Effective Strategies to Overcome Challenges and Achieve Your Goals,” “Self-Esteem Building: How to Live Your Life as YOU,” and the co-author of “Secrets to Drama-Free Love,” where she emphasizes the importance of self-esteem, self-acceptance, and self-love in nurturing healthy relationships.