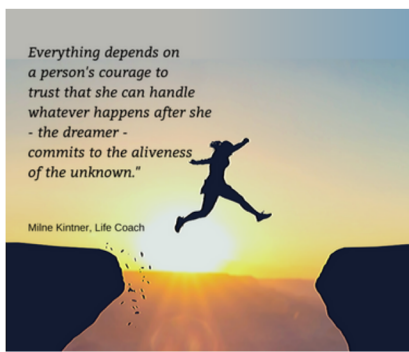


Passions & Joys

A PERSONAL REFLECTION GUIDE





Passions & Joys

In life, there are things we just absolutely love to do! There are things we naturally feel drawn to. There are activities we lose ourselves in - getting in the flow, feeling pure deep joy. There are things we're passionate about, that inspire us, or that get us all riled up.

In a search for your purpose, an important place to look are at **THESE** things! Purpose implies meaning, yet it also implies something that it feels like we were made to do.

The good news is we instinctively or intuitively know what we're "made for" - we can feel it. It's that inner nudge that pulls us toward what we love, do naturally, and are passionate about.

There are 6 key elements to igniting your passions by both remembering them and living in alignment with them: childhood wonder, adult passions, your gifts, your dreams, your values and your commitment. In this guide, you'll consider these elements thoughtfully as a way to find your Purpose and Deep Joy in daily life.

Thene,
Your Guide & Coach

Childhood Wonder

INSIGHTS FROM CHILDHOOD

You can glean powerful insights into your true nature and natural interests and passions by reflecting on what you were inspired by as a child. Your childhood wonders existed before you developed filters due to the influence of others and the limiting beliefs you developed as you grew up. Often your natural talents, inclinations and interests were lost along the way because you were told they were not practical, realistic or worthy. Often times, you were not even given the chance to explore them through free play and self-directed time. But not all is lost!

The true you, your inner child, has always known.

Sometimes our childhood passions and pleasures can bring new life into our adult world. Other times those old inspirations no longer do anything for us and show us how much we've changed.



Childhood Wonder

INSIGHTS FROM CHILDHOOD

When I was a child, I wanted to grow up to be a....

In the past (and as a child), I enjoyed... list everything you can think of from food to activities, places you've gone to traditions you've had – list what you liked and WHY you liked it.



Your Passions

WHAT DO YOU LOVE NOW?

Now that you have an idea of what you used to love, it's time to add to your list by looking at your current inspirations. The activities I do currently that bring me pleasure include...

The activities I know I love that I may not currently be doing but would like to do include:



Your Passions

WHAT DO YOU LOVE NOW?

The other aspects of life that bring me joy, excitement and that energize me are:

In my life I have been passionate about...

These childhood and adult passions and interests are powerful sources of
inspiration and fuel for feeding yourself and living with purpose!



Your Gifts

WHAT DO YOU HAVE TO OFFER?

You feel the most alive and passionate about life when you are doing what you are **MADE FOR**. When you do something that comes naturally to you - a talent - you are fully expressing yourself. Examining your talents and other qualities you have to offer sheds light on what aspects of yourself you can do the most good with, which also happen to be the same gifts that bring purpose to life.

My best qualities are (here are just a few ideas):

humorous
enthusiastic
comforting
visionary
knowledgeable
strong
persuasive
quick-thinking

determined
intelligent
gentle
compassionate
practical
energetic
patient
original

kind
courageous
direct
flexible
open
calm
insightful

inspiring
supportive
optimistic
entertaining
generous
adventurous
spontaneous

I am most myself when:



Your Gifts

WHAT DO YOU HAVE TO OFFER?

What makes me feel in flow?

What comes easy for me that may be hard for others?

Your natural gifts and any learned talents that you enjoy
are additional fuel for finding your Purpose and living in Deep Joy!



Your Dreams

WHAT DO YOU REALLY WANT?

Your dreams are calling you. The true you already knows what they are and never stops dreaming.

Often the key to unlocking both your passion and your purpose is to allow yourself to remember your dreams and go for them!

If I could have anything I want, what would it be?

If I could do anything I want, what would it be?



Your Values

WHAT DO YOU STAND FOR?

Sometimes your passions are things that boil your blood. They tug at your heart strings because you care about them. Based on your values and ideals about life you end up wanting the world to be better, often in specific ways. Tuning into these greater values can unleash your passion.

What would I like to change in the world?

What way can I BE the change I want to see in the world?



Your Values

WHAT DO YOU STAND FOR?

What are you willing to give it all up for?

Where does your courage come from?

What does your heart say about what you stand for?

Your Commitment

HOW CAN I LIVE IN INTEGRITY?



Integrity is that personal quality that ensures strong ethical principles that are followed at all times... no matter who is watching or not. A person with integrity is seen as trustworthy and honest, with their actions in line with their thinking, their morals, and their ethics.

Commitment is a decision, a promise, to a person or a cause which then drives our other decisions and actions. A commitment to one person or cause may require forfeiting another set of options. Integrity holds us tightly to our commitments.

When my ethics and integrity has been tested in the past, how did I respond?

What values, dreams, gifts and passions am I committed to fulfilling in my life? Does my integrity align?

Finding Your Purpose

A PERSONAL QUEST

After this reflection on these six elements (childhood wonder, passions, gifts, dreams, values, commitment) you should be much closer to finding your Purpose. But if not, don't worry. Your self-reflection may need time to soak like new seeds in water before the new roots begin to sprout. You may need to test a few different activities before your heart feels the pull. You might feel a nudge in the right direction, but you may have some limiting beliefs holding you back, telling you aren't a good fit. Or, you might be a trained expert in something but not enjoy it, but not yet willing to set it aside, afraid that others 'expect' you to use that expertise even though you don't enjoy it.

This Passions & Joys workbook is just one step, one that you can begin on your own. You may want to take future steps with a coach by your side, acting as navigator, observer, challenger, reflective listener and brainstormer.

You may wish to dig deeper into the steps toward Deep Joy through further work with a coach.

My Purpose is ("I don't know yet" is a valid answer):

"The journey into self-love and self-acceptance must begin with self-examination... until you take the journey of self-reflection, it is almost impossible to grow or learn in life."

COACH - GUIDE - TRAINER THENE SHEEHY

An American in Portugal



MY PURPOSE

I am a Transitions & Transformations Life Coach. I work with mid-to-senior professionals and mid-life individuals who are looking for deeper purpose, greater impact, higher outcomes, and meaningful change in their life and leadership.

I take you on a guided journey of Transition and Transformational Growth, to re-energize your inner power, and amaze your world, to breakthrough your roadblocks, and to reach your dreams. At the base of it all is Deep Joy – your tool to make (and maintain) those transitions and transformations.

Invest in your own self and waste no more of your precious life.

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