

OCTOBER 2021

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# The Passion Project

Probability, not a possibility  
Discovering and nurturing the career you love



# Today's agenda

1. Intro
2. What is "Passion" and Passion Economy
3. Step 1: Importance of understanding yourself
4. Step 2: Build a system for better understanding
5. Step 3: Consistency and persistence is key



# What is "PASSION"?

**A strong feeling of enthusiasm or excitement  
for something or about doing something**

*//Everyone could see the passion in his approach to the  
work*

# Passion economy

Type of Work	Example Creator Tools
Podcaster	     
Audio Content Creator	   
Newsletter Writer	 
Video Course Creator	     
Virtual Teacher/Tutor	   
Virtual Professional Coach	  





# What is "PASSION"?

**A strong feeling that causes you to act in a  
rash way**

*//The crime was committed in a fit of passion*  
*//A crime of passion*

It's not passion you're looking for

**it's PURPOSE**





# What is "PURPOSE"?

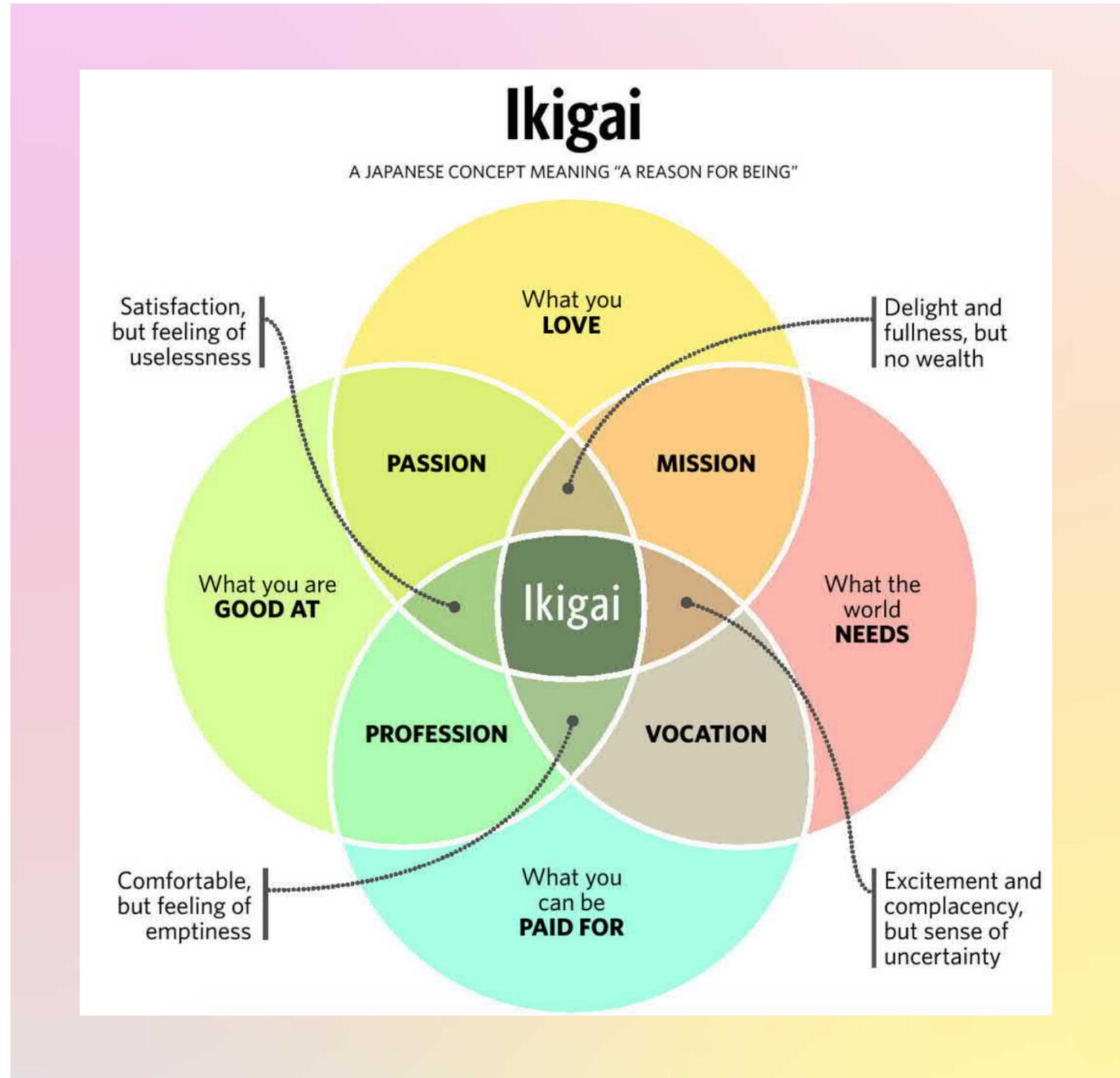
**A person's sense of resolve or determination.**

*//there was a new sense of purpose in her step as she set off  
//have as one's intention or objective.*

...

# Finding ikigai

Ikigai (生き甲斐, 'a reason for being') is a Japanese concept referring to something that gives a person a sense of purpose, a reason for living.



# Ikigai



## What I LOVE doing

- Music
- Resolving issues
- Explaining things
- Movies
- Video games
- Taking pictures
- Making people happy

## What the world NEEDS

- Knowledge
- Positivity
- Balance
- Dream
- Compassion
- Knowledge
- Collaboration

## What I can be PAID for

- Making websites
- Teaching
- Marketing
- Web consulting
- Coaching
- Creating classes/courses

## What I am GOOD at

- Event management
- Web design
- Advising
- Coaching
- Positive
- Staying calm

# Ikigai isn't found, it is nurtured.

With strong self awareness, you may develop a mindset where you are open to possibilities that you've never thought was possible



# 1.be<sup>...</sup> self aware

**Self awareness is the golden key to making life-changing decisions and sticking to them**

# Everything's within

Stay curious about yourself, you've got all the answers already



Identify your strengths and weaknesses, in your body, mind and emotions.



SWOT

Values



What are your values?  
Who are your role models?

Career?  
Studies?  
What is your focus?



Focus

# Everything's within



Stay curious about yourself, you've got all the answers already

Identify your strengths and weaknesses, in your body, mind and emotions.



S&W

## SWOT

1. Do personality test (e.g. OCEAN)
2. Do an online strengths finder (e.g. Gallup's StrengthsFinder 2.0)
3. Notice how family and friends talk about you and how you operate

Consider your body, mind and emotions

# Everything's within



Stay curious about yourself, you've got all the answers already

## Values



What are your values?  
Who are your role  
models?

### Value finder

1. Find a list of values online
2. Circle all the ones that are relevant to you
3. Pick 5 only, these will guide your daily decisions

### Role models

1. Who are your role models?
2. What do you admire about them?

# Everything's within



Stay curious about yourself, you've got all the answers already

Career?  
Studies?  
What is your focus?



Focus

What's your focus right now

1. Choose one area in your life you want to work on, write it down
2. Rank it from 1-10 (1 being very dissatisfied, 10 being fully satisfied)
3. What would be an ideal score that you would like it to be in the next 6 months
4. Define your vision/goal of this new score

# WORKSHOP

Let's get intimate





**Now that you have identified an area of life you'd like to work on...  
Pick 2 cards at random and reflect:**

- 1. What is stopping me or holding me back? Am I afraid?**
- 2. How will I achieve what I desire? What allows me to move forward?**

# 2. build a system

**You do not rise to the level of your goals.  
You fall to the level of your systems.**

# Customise what works for you

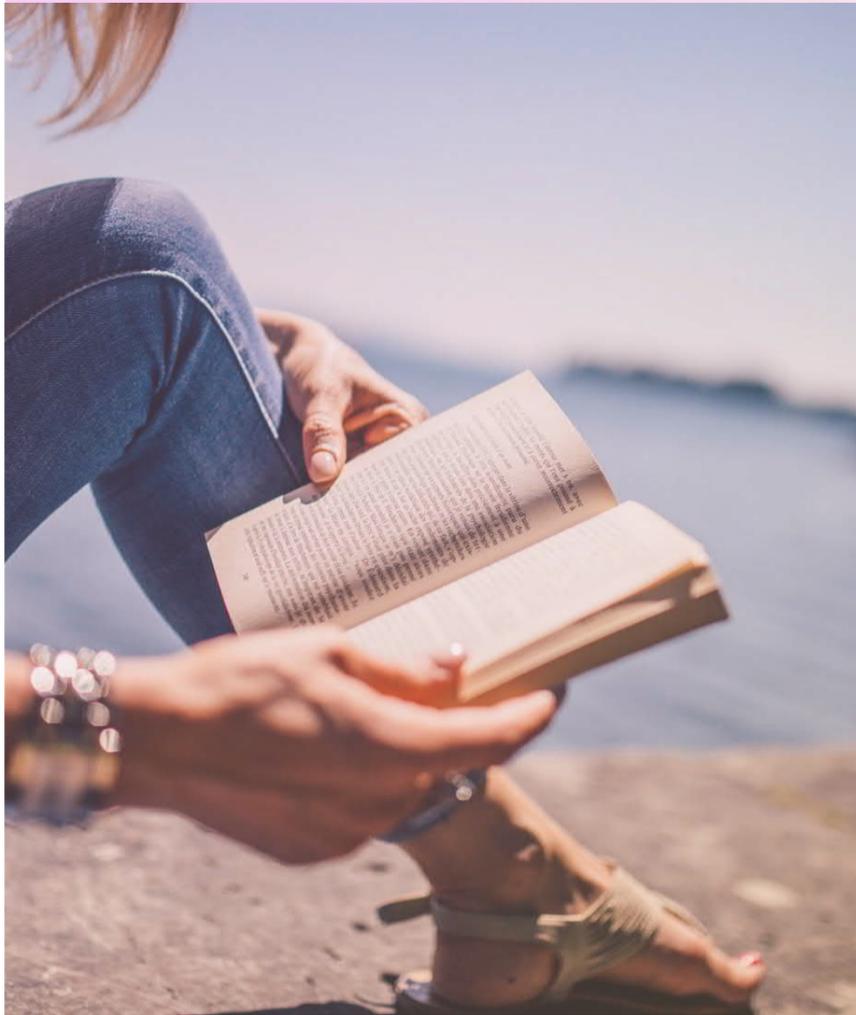
You have a goal but you need to remove distractions, to do so you need to build a continuous self awareness system for yourself (through trial and error):

- > Continuous education
- > Self care routine (physical, mental)
- > Regular self reflection
- > Emotional regulation

Try everything!



Books, podcasts vs. Netflix, Instagram. You become what you consume.



**Resources**

**Journaling**



Future self journaling, understanding emotions, timeline journaling. It comes in many forms, find one what suits you

Schedule me time, prioritise your self care. It means different things for each of you.



**Me time**

**Meditation**



Build a mindfulness habit, start slow and develop the length and frequency over time.

Positive visualisations, mood boards - dream your future.  
Mindset of "I can" vs. "I will"



## Affirmations

## Exercise



Studies show that exercising is invaluable to both immediate and prolonged health

Gratitude practice has scientifically proven to rewire our brain so it cannot feel anxiety or depression.



**Gratitude**

**Be present**



Focus on the now, do not get consumed by past regrets, future anxieties.

# Understand 100% of you

When you are fully aware of yourself, you take care of yourself, prioritise yourself (while removing yourself from distractions - from family, society about who you should be, what you should do etc.) - you will start to unravel yourself and lead you to your purpose. Opportunities will follow.

Confidence | Deeper relationships | Happiness | Success

# Stay curious

You will change as a person, stay curious about who you are becoming.



# 3. stay ... consistent

**People do not decide their futures,  
they decide their habits and their habits decide their futures.**

# 1. Habit stacking

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Grouping together small activities into a routine which you link to a habit already set in your day.

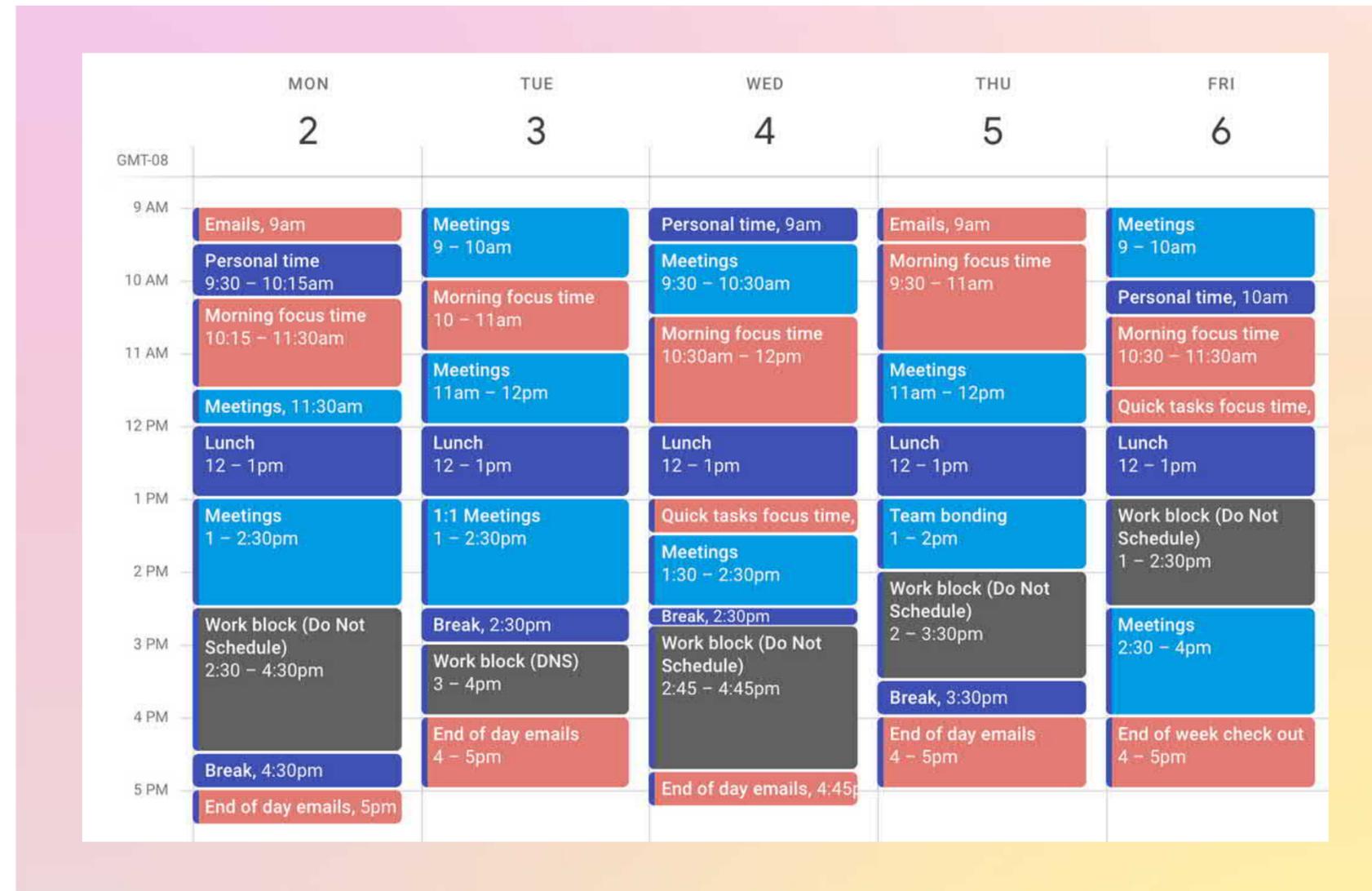


## 2. Time blocking

Time blocking is a time management method that asks you to divide your day into blocks of time.

Each block is dedicated to accomplishing a specific task, or group of tasks, and only those specific tasks.

- Schedule work, self development and me time
- Be generous with time





### 3. Visualise and plan

“Failing to plan is planning to fail”  
Visualise big goals but break them  
down into manageable bits.

E.g. 1 > 12 > 4: One big goal broken  
into twelve months, which will be  
broken down into four weekly goals.

## 4. Decide and do

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Be quick to decide and try. Think and talk about your purpose to trusted F&F. You will realise opportunities will start to unravel themselves for you.



# Habit building reminders

## Stick with it

Grit is key to success. It takes 66 days before a habit becomes 'automatic'.

## Be patient

You will not see results in one day, but you will when you look back at how far you've come

## Be kind

To yourself, it's okay if you miss one or two days. Be kind to people around you trying.



It's never been a better time for self-motivated people.

Anyone connected to the internet has the education power of a university and the distribution power of a media company at their fingertips.

**Curiosity, courage, and persistence are the new gatekeepers.**

# Workshop

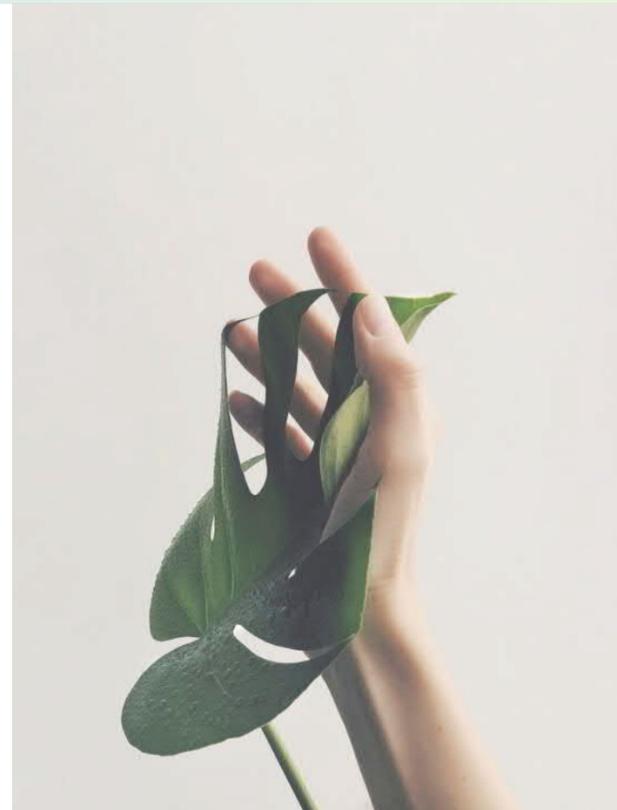


- What was the most meaningful insight today?
- How will I implement it?



—  
**Reflect**

**Project**



- 
- Write about your future self
  - What is one thing I will commit to?

- Write a post-it to the person next to you to thank them for \_\_\_\_\_.



—  
**Gratitude**

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# Questions?



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**Thank you.**

**Now, it's up to you!**

