

# Help! I Hate My Job!

*Discover Your Passion and Set Yourself Free!*

By Keith Smith

## **Introduction**

This guide is intended to assist you in identifying your passion/purpose in life. It is my sincere desire that it will serve as a catalyst to get you thinking about your life. *Really* thinking.

This guide is not the “be-all, end-all” resource that will easily hand over to you the answers you seek. It is simply a starting point and will serve to get you moving in the direction that will eventually lead you to an intimate knowledge of why you’re here, and that’s kind of important. Right?

**So roll up your sleeves and get ready to put out some effort! It’s time to start doing some**

# Straight Up Living!

# Help! I Hate My Job!

***Discover Your Passion and Set Yourself Free!***

*It's Monday morning, and your alarm clock just started screaming at you. It's time to get up and get moving. You sit up on the edge of your bed, swing your feet to the floor and begin thinking about the day ahead. Right now, at this exact moment, how do you feel? What emotions come to the surface as you prepare to face the day? Do you feel joy? How about excitement or happiness? Are you eager to get started? Are there any feelings of peace or fulfillment? Perhaps you feel anxious or depressed. Maybe you're filled with feelings of dread or maybe even sadness because the weekend is over.*

Sadly, most people are not thrilled on Monday morning, or any other morning during the workweek for that matter. Have you ever asked yourself why that is? If not, you should! There are many people who have come to believe that work is something that they *have* to do in order to make money and it isn't supposed to be fun. They believe that only in their spare time, if they have any, can they do something they enjoy and are passionate about. They put off enjoying life, relegating joy to sometime in the future or maybe until the next vacation or weekend. Think about it! Experiencing happiness for only two days out of seven! Out of the one hundred and sixty-eight hours in a week, they're unhappy for one hundred and twenty of them!

Thankfully, life doesn't have to be that way. In fact, it isn't *supposed to be that way at all!* So, if that's true, then why do so many people live their lives in just that way? Why do they wake up Monday morning depressed and full of anxiety? The reason is simple. **They do not like what they do!** They are miserable because they're spending their days doing something that is *not their passion!*

I recently interviewed several people and asked them this question, "If you could do anything you wanted to do (leaving money out of it for just a moment) what would that be? What are you so passionate about that you'd want to do it every day?" Almost without exception the answers I received went like this: "I don't know." "I'm not sure what my passion is." "I don't know what I want to do." Is it any wonder why they are generally unhappy and frustrated? And it is frustrating, I know, because I used to answer those questions in exactly the same way.

# Discovering Your Passion

## In Four Simple Steps

Do you feel like you could accomplish anything you want in life, if you could just find out what the “anything” is? Well, you can and that “anything” will be your passion!

“How can I discover what my passion is?” you ask. I’m glad you asked! It really isn’t that difficult to find out, and find out you must! Living life without clear knowledge of your passion is like being in a football game that is being played on a field without yard lines or goals at each end. You know you’re in the game, the ball is in your hands, but what do you do? There isn’t a clear objective to the game so you end up running back and forth aimlessly!

One reason why so many people have not discovered their passion is they have not looked for it. They have accepted the lie that it is normal for them to dislike (i.e. hate) their job. They believe that there isn’t any other option and that “fun” is something that is reserved for vacations or weekends. Well, I have some good news! You *can* live your passion every day and you *can* enjoy what you do so much that it doesn’t even feel like work! You can be happy, full of joy and peace every day...even on Mondays! All you need to do now is be willing to set aside time for yourself, time to go through these few questions and pinpoint your passion! If you want to change your life and start Straight Up Living, instead of wishing, take the time and search this out. You deserve it! Self-discovery requires effort and determination, but it’s definitely worth it!

**“Chase down your passion like it's the last bus of the night.”** ~Glade Byron Addams

**“Without passion man is a mere latent force and possibility, like the flint which awaits the shock of the iron before it can give forth its spark.”** ~Amiel,  
*Journal*, 17 December 1856

# Discovering Your Passion

## **Step One**

The first step is to identify what it is that makes you tick. What gets you excited and what is meaningful to you? What do you enjoy doing so much that you forget all about that clock on the wall? Write these things down on the spaces below. Cool suggestion: *Print this out and use it as a workbook!*

_____	_____
_____	_____
_____	_____
_____	_____

It's okay if you don't have just "one thing" that you're passionate about. Allow yourself to flow and be attracted toward the thing(s) that excite you the most. *\*Hint\* Look for things you have a talent for, or that make use of personal traits.*

**"Follow your passion, and success will follow you."**

~Arthur Buddhold

**"Don't ask yourself what the world needs; ask yourself what makes you come alive. And then go and do that. Because what the world needs is people who have come alive."** ~Attributed to Howard Thurman

# Discovering Your Passion

## Step Two

From the list you just made, choose the top three things that stand out to you and write them on the spaces below. These should be the kind of things that you'll be doing whether you ever get paid to do them or not. **Thoroughly explore these choices!** Try them out; see if any of them incite in you a strong and sustainable motivation (by that I mean you won't be bored with it in six months). If not, then you haven't identified your passion. Investigate every detail you can think of and ask yourself the right questions. "How would I feel if I were doing this all the time?" "Does this utilize my strengths and talents?" "In what ways would my life improve by doing this?" "In what ways will this benefit others?"

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*Cool suggestion:* Go to the library or bookstore and find books on your subject(s) and *read them!* Seek out someone who is already involved in what you're interested in and ask them questions (utilize the internet and e mail too). Be bold with this and don't be bashful! You can learn so much by networking with other people, especially those who are doing what you want to do! Researching and networking will not only help you in uncovering your passion but will also save you a lot of time! If you are unsure of what you're passionate about, this is a crucial step on your path to discovery!

# Discovering Your Passion

## Step Three

After you have followed the advice given in steps one and two you should be getting a pretty good idea of what your passion is. In this step I'll give you some useful information you can use to help make it even clearer. Use these tips, helpful hints, and signs as indicators that you're heading in the right direction.

- ❖ Look inside yourself and identify your strengths, talents and interests. **Write them down.** Inspiration comes in pieces so always carry with you a small notepad so that when ideas come, you can immediately write them down. This will be a kind of map that will guide you. Do this and soon you will see patterns emerge.
- ❖ What are you good at? People seldom get good at something they dislike doing, so look closely here! This will reveal much to you about your passion.
- ❖ Your passion will be in alignment with the first two points. Your passion will be in harmony with who you are.
- ❖ Stop looking on the "outside" for something to be passionate about. Your passion is already inside of you.
- ❖ Let your heart and feelings guide you. They will call out to you many times on your journey. Follow that calling and you'll be Straight Up Living your passion!
- ❖ Your passion will naturally be of benefit to others in some way. This is a wonderful "side effect" of following your passion. It's never a self-centered pursuit and always benefits yourself as well as other people.

# Discovering Your Passion

## Step Four

**Start where you are.** This is very important. If you feel that you are on the wrong path now, or in the wrong job, you may be tempted to quickly make a radical change. The best way to make a change is to **outgrow** your current situation, and by “outgrow” I mean personal growth. “So what the heck is personal growth?” you ask. A large part of **personal growth** is becoming *aware* of what is and isn’t working in your life. Personal growth is also:

- ❖ Identifying your passion.
- ❖ An evolution of attitude. This means a gradual (not necessarily slow) change in the way you view yourself, others and life.
- ❖ A shift in the way you think about yourself and others.
- ❖ Being aware of your abilities and having confidence in them.
- ❖ It is living more fully and opening your mind to the possibility that you are capable of more than what you are currently doing.

There will be signs along your journey that can serve as indicators that your growth is under way. Some of them are:

- ❖ You throw your energies into researching; investigating and studying all you can about your passion.
- ❖ You will experience, and be aware of, a new calm and peace that may have previously eluded you.
- ❖ You will have a renewed zest for being alive!
- ❖ You will have a positive and expectant view of life.
- ❖ You will experience a new level of creativity and confidence.

# Discovering Your Passion

As mentioned in step four, once you get tuned in to your passion and purpose, you may feel the strong desire to make some radical changes, and that's okay. It is important to make those changes in the right way and in the right timing. What I'm saying is don't make any hasty moves!

You can begin living your passion exactly where you are presently. You may, for a time, continue in your present situation, but you'll do so with the knowledge that change is already under way and it starts inside of you!

You do not have to suddenly change/quit your job, but once you have gone through the process of identifying your passion and purpose, you can assume that role immediately! You can begin to live that life, be that person wherever you are! If you do this, your world will improve rapidly. Why? Does everything suddenly change now that you're actually living as the person you wish to be? I think Dr Wayne Dyer said it best when he said, *"If you change the way you look at things, the things you look at change."*

**Remember: Inner change always precedes outer change!**

Remember, we create our own reality. Be sure that you are motivated by a desire for positive change in your life and are not trying to "escape" from your current situation. Discovering your passion is just coming to the realization of who you already are and then living it every hour of every day. There will not be a "work you" or a "weekend you". There will just be YOU all the time!

# Discovering Your Passion

You can achieve what you want to achieve and it is your right to do so. Spending your days living out your passion *is life!* You will never experience real joy and fulfillment so long as your passion is suppressed. You can be absolutely certain that it is possible to do what you desire to do. In fact, having the desire itself is *proof* that you have what it takes to attain it.

*Believe it!*

**“*Passion* is what makes the difference between living a life that’s good, and living an unforgettable life!”** - Keith E. Smith

## Straight Up Living

*Life Is Now. . . Don't Wait!*

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