

# Find your Passion

**FEBRUARY 2019.**

**Some ideas and strategies to help you to find your passion and focus on doing what you love as a way of flourishing and also reducing both stress and work-load.**

**1<sup>st</sup>**  
Make a list of what you love about your work. Plan to do more of it.

**2<sup>nd</sup>**  
“You have within you the strength, the patience and the passion to reach for the stars and change the world.”  
Harriet Tubman

**3<sup>rd</sup>**  
**Organise a resilience and positivity workshop for your team to increase their purpose and passion.**

**4<sup>th</sup>**  
Remember what you loved doing as a child and do some of that this week.

**5<sup>th</sup>**  
Look in your diary and find a space to do something you love with a friend.

**6<sup>th</sup>**  
What support and development does your team need to find their passion and energy?

**7<sup>th</sup>**  
**“Choose a job you love and you’ll never have to work a day in your life.”**  
Confucius

**8<sup>th</sup>**  
Make a list of all the people you know who are passionate and enthusiastic and spend some time with them.

**9<sup>th</sup>**  
Treat yourself – spend the day doing something you are passionate about.

**10<sup>th</sup>**  
Do you need to get an important relationship back on track? Plan to do it.

**11<sup>th</sup>**  
This week is spread enthusiasm and passion at work week! Create a wave of energy.

**12<sup>th</sup>**  
Focus on what is really important to you and try not to waste time on ‘stuff’.

**13<sup>th</sup>**  
Boost energy and build resilience. Check out Wednesday #powerup on our YouTube channel

**14<sup>th</sup>**  
**“ Passion is energy. Feel the power of focussing on what excites you.”**  
Oprah Winfrey

**15<sup>th</sup>**  
Today tell people around you that they are important and successful.

**16<sup>th</sup>**  
Check out your relationships – do you have any that are not working for you?

**17<sup>th</sup>**  
Interesting and meaningful work helps us to be happy and feel fulfilled.

**18<sup>th</sup>**  
Fill your week with things you love. Even better if you share.

**19<sup>th</sup>**  
Reflect on what makes your personal and professional relationships work.



**20<sup>th</sup>**  
Find your ‘team’ at the end of the day focus on what went well.

**21<sup>st</sup>**  
Live a little! Dare to do (or Plan) something you have been dreaming of.

**22<sup>nd</sup>**  
Be a CHAMPION and encourage those around you to be passionate about what they do?

**23<sup>rd</sup>**  
Find out more about strategies that help to build great professional relationships.

**24<sup>th</sup>**  
**Dream big!** Have goals and work towards them. **Why not try coaching with us?**

**25<sup>th</sup>**  
Help others to find their passions this week. Find and celebrate the strengths in your work colleagues.

**26<sup>th</sup>**  
Spend time with people who energise you.

**Check out our YouTube channel for ideas to create energy and to develop leadership.**

**27<sup>th</sup>**  
Find some time to think about what / who motivates and inspires you.

**28<sup>th</sup>**  
What do you need to plan to do in March that will give you more time for what you love.

**We work with teams to increase effectiveness, success and well-being.**

**Please get in touch if you think we could be part of your next step.**

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