



How to Reawaken your 3 P's Passion, Purpose and Potential



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Three Things

What are three things you used to do (that you liked) you don't do now?

- 1.
- 2.
- 3.

Well-Being Factors

How is your overall well-being? How are you doing on the main factors of well-being. Give yourself a rating (1-5), where 1 is low and 5 is high. What actions can improve your rating?

Factor	Definition	Your Rating	Actions
Career-Well Being	Liking what you do every day at work		
Social Well-Being	Having strong relationships		
Financial Well-Being	Effectively managing financial life		
Physical Well-Being	Good health and energy		
Community Well-Being	Engagement with the area you live		

Identify Your Mission and Passion

Based on the Japanese Ikigai philosophy and Francesc Miralles book "The Secret to a Long and Happy Life"



Identify the following:

What you love	
What the world needs	
What you can be paid for	
What you are good at	

Then record what they have in common

Mission: what I love + what the world needs	
Passion: what I love + what I am good at	
Profession: what I am good at + what I can be paid for	
Vocation: what the world needs + what I can be paid for	

PASSION:

Intersection of what you love and what you are good at

MISSION:

Intersection of what you love and what the world needs

PROFESSION:

Intersection of what you are good at and what you can be paid for

VOCATION:

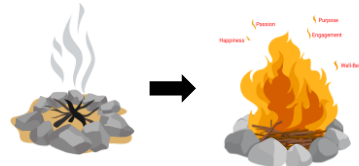
Intersection of what the world needs and what you can be paid for

Reawaken Your Purpose

The questions below can help you re-awaken and focus your purpose. Work or personal.

- | | | |
|--|---|---|
| <input type="checkbox"/> What do people ask you to help them with? | <input type="checkbox"/> What would you go the extra mile for? | <input type="checkbox"/> What do people thank you for? |
| <input type="checkbox"/> What have you done when you forget about the passage of time? | <input type="checkbox"/> What work would you do for free if you didn't need the paycheck? | <input type="checkbox"/> What can you or do you do to make other people's lives better? |
| <input type="checkbox"/> What are you willing to do even if it makes you look silly? | <input type="checkbox"/> What would you do if you had one year to live? | <input type="checkbox"/> What would you teach young people, if given the chance? |

Reawaken Your Passion, Purpose and Potential



Collect kindling: get organized

- Collect small pieces to create a great foundation
- Kindling of different kinds, shapes and sizes is best
- A fire can't start without kindling which is your plan
- With it, it can start and spread quickly
- Preparation is required to ignite our passion, purpose and potential



Build your structure to ignite your "fire"

- Meet or call an old friend to catch up
- 5-10 mins of intentional physical activity
- Change one thing in your diet: less sugar, less junk, reduce portions, more fruits and vegetables
- Get outside for a 10-minute walk
- Clean or organize something: 1 drawer, closet, computer file, desk, cabinet, back seat
- Schedule lunch or talk with a colleague 1x a week (even on video)
- Review upcoming community events and plan to attend one (school, Eventbrite, volunteer)

Your "fire" will (re)start

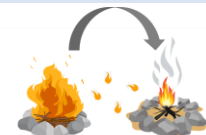
- Start rubbing sticks together (executing your plan)
- It will take effort to start the fire - keep at it until it sparks
- Some types of kindling starts faster than others
- Fire will start quickly so you will need to continue tending to it (air, more kindling, etc.)
- The more heat you produce, the faster and bigger the fire
- Your fire (energy and motivation) will increase as different kindle is added



Add more logs to increase the fire

- Learn a new skill or teach someone a skill
- Connect and create a mentoring relationship
- More structured/regular activity and/or diet
- Gratitude: 2x day or affirmation
- Join something - Get involved in the neighborhood, community or volunteer regularly
- Do something that brings you joy every day
- Plan a house/yard project or party
- Start a regular "connection" event - *Friday coffee* or *Saturday morning walk*

Spread your fire to others



- Intentionally connect with someone at work you don't normally interact with
- Pay a compliment to someone
- Share a favorite recipe at work or bring a treat
- Share a playlist or an upbeat song or video
- Bring an unexpected coffee to the office for someone
- Help someone out without being asked
- Ask a question "how was your weekend" and WAIT for the answer
- Invite someone to join you on a walk or community event