

DISCOVERING YOUR PASSION IN 17 STEPS



Kovess International



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Here are 17 key steps that I guarantee will have an impact.

You won't like some of them.

That's why I'm Australasia's Passion Provocateur: I provoke.

You can't get un-lost by doing what you've always done!

And what you have done so far is what you have become comfortable doing.

You need to get out of your comfort zone.

17 key steps to finding your passion.

- 1.** You need to be willing to work at the problem. Most people are not interested in working. they just want a quick fix. There is no quick fix. I'm not interested in helping people who just want a quick fix. It's bullshit. Tackle the problem as if it's the most important thing in the world, because it is the most important thing in your whole world.
- 2.** Review your life from your earliest conscious memories and consider, THEN WRITE, the answers to these questions:
 - a. When did I have lots of fun?
 - b. What spontaneously aroused my interest?
 - c. What upset me ? What made me angry?
 - d. What am I most proud of that I have achieved so far?
 - e. Who are my friends and what is it about them that attracts me?
 - f. What did I dream my life would be?
 - g. What do I fear?

3. What are your personal values? What behaviours do you wish to exhibit?
4. What do you believe about yourself, both positive and negative? Write these out.
5. What do you believe about the world and the role of human beings on the planet? Write these out.
6. What do you believe about money? Are these beliefs useful or not for you?
NOTE: None of your beliefs are TRUTH: it is true you believe them, but they are not truth. You can change any beliefs that don't serve you.
7. Write a list of goals that would be of interest for you to achieve in the next 20 years. These will be short-term (1 month - 2 years), medium-term (2-5 years), and long-term. These goals include mental goals, physical goals and spiritual goals. They include experiences you would like to have.
8. What are the biggest mistakes you have made in your life and what did you learn from them?
9. What are the biggest risks you have taken in your life and why did you take them?
10. Who do you admire and why do you admire them?
11. If you had \$20 million in the bank, what would you do with your life? Remember, lounging about will be interesting for about 6 months - then you have to do something or you will die.
12. From the answers so far, what are you good at? What attracts you? What spontaneously arouses you? Where do you want to contribute your genius next?
13. Read books on personal development for at least one hour per day, every day!
14. Listen to audio CD's on personal development topics on your iPod or in your car when you are travelling.
15. Take responsibility for your life, don't play the victim/martyr game by blaming anyone for where you are now at.
16. Understand that you become what you think about: your thoughts create you and have created you so far. Therefore, you must write out what you wish to become in 50 words or less, and then every day you need to control your thinking so you focus on what you wish to be, not on the crap that might be filling your life. Your actions and behaviours are driven by your thoughts. What do you think about??
17. If your thoughts are too shitty and you can't change them, get professional assistance. Tiger Woods has a golf coach, so you can get a mental coach!

**I promise you that if you do the above work, the results will be remarkable.
You will discover a new you.**