5 steps to finding and following your passion
Introduction

I’ve helped people find and follow their passion since 2009. And I’ve followed my passion since 2002.

I’ve discovered what works in the real world, and what doesn’t.

I’ve tried many of the systems and methods out there, and most of them do not work. Not for me. And not for the people I’ve worked with.

Finding and following your passion comes down to one simple thing: Following your excitement.

Now, what does that mean? That’s what you’ll discover as you keep reading.

What you’re about to learn can be applied to finding your dream career, starting a business, or simply living a fulfilling life.

Knowing how to find and follow your purpose is a core skill that will benefit you in all areas of your life. It certainly has made a profound difference in my life.

It has helped me deal with adversity, confusion, and uncertainty. It helps me remain calm under pressure. I have a stronger sense of confidence in myself. I trust and enjoy life more.

And all of this leads to being more creative, more successful, and more satisfied.

Why? Because I’m more relaxed, and the more relaxed I am, the more open I am to the opportunities in front of me.

With all that said, are you ready to discover the first step?

Let’s begin.
Step #1: Define Passion

If you believe that following your passions means living a problem-free life, you’re in for a rough ride. Life doesn’t work like that. There will always be challenges.

My definition of passion is: To follow what interests me to the best of my ability. That’s it.

Following what interests me has taught me that life has both ups and downs. Even though I’m doing work I love, I still run into challenges.

Living your passion isn’t about eliminating all problems. It’s about embracing what life brings, and following your inner navigational system. When you do that, you align yourself to your purpose.

So, what expectations do you have? What is your image of living a passionate and fulfilling life?

There is no perfect passion. There is no perfect life. There is simply the life you have. We are all human, and as humans we experience everything between misery and euphoria.

Following your passion doesn’t mean that you are on fire every single day. This is not about constant, intense desire. It’s about noticing what feels magnetic to you, and where life is nudging you.

Yet it all starts with taking a hard look at your definition of passion, because if you expect rainbows and unicorns, you’ll forever think you are cursed to live a life without passion.

Your Questions

In each step, I’ll cover one or more questions that you can explore for deeper clarity.

The questions for this step are: What is your definition of passion? What image do you have in your head about what passion should be?
Step #2: Identify Obstacles

Just the other day, I had a client come to me because she didn’t know what interest to focus on.

As we drilled deeper, I noticed one topic in particular that made her come alive. It was a topic about overcoming emotional abuse. She wanted to share her discoveries and help others.

But she was held back. She didn’t see herself as someone who shared her story with the world.

Often, you know what you want to pursue, but you’re held back by your doubts and fears.

You want to follow your excitement, but you believe that something is standing in your way.

I’m not immune to this. I constantly notice how I hold myself back, yet I keep taking tiny steps forward.

And while there are obstacles in your life, there’s no need to try and force progress.

Things happen in their natural timing. If you push, you end up exhausted, confused, and distraught.

I notice where life is going, what’s coming to me, and what feels magnetic. I pay attention to the seasons of my life, and I do my best to follow them.

Your Questions

Once again, explore the following questions: What are you most afraid of when it comes to following your passion?

What would you do if fear, doubt, or worry wasn’t an issue?
Step #3: Follow the Breadcrumbs

Do you want to know the good news? You don’t have to be clear about what your passion is in order to follow your passion.

All you have to do is follow the breadcrumbs.

What do I mean? I’ve gone through periods where nothing seemed to be happening. In fact, things seemed to be falling away. I used to worry during these times. And don’t get me wrong, I still have thoughts of worry, but the difference is that I don’t take them seriously.

I know that something always comes along. It could be an email, a comment, a book, an invitation, or a question.

Life knows who I am. Life knows where I am. Life knows what I’m ready to do. All I have to do is stay open.

No pushing. No forcing. No worrying. Just doing the best I can with what I have.

Notice what life is bringing you. What are the themes in your life right now? What feels magnetic? What’s pulling you?

Following the breadcrumbs comes down to following what is interesting to you. You don't have to know where you’re going. You just have to know what resonates with you.

Even if you don’t now what your passion is, there is still something you’re interested in. Start there. Start small. Have fun.

Your Questions

Look at your life. Notice the themes. What is interesting to you? Is it a course, a book, a place, a walk in nature, or to simply rest?

What breadcrumbs has life left out for you?
Step #4: Embrace Uncertainty

Whether you’ve found your passion or not, you will be dealing with uncertainty for the rest of your life.

Uncertainty in and of itself is not a problem. The problem is how you perceive it.

You can see it as something to be avoided. Or you can see it as an opportunity, something exciting you get to experience.

You are equipped to handle uncertainty. You have a navigational system within you. Your mind may be confused, but your body knows where to go.

What do I mean? I follow the breadcrumbs. I notice what my body resonates with, and that’s what I explore. I take tiny steps toward what my body is drawn to at a deeper level.

Uncertainty is a thought in your head. Life is always uncertain. It all comes down to how you view uncertainty.

Thoughts come and go. They hold no power unless you give them power by taking them seriously.

Just because your mind tells you that something is wrong doesn’t make it so. Your mind is great for researching, comparing, and sharing with others. But it’s not built to run your life.

Embracing uncertainty means seeing that while your mind may be afraid, you don’t have to be. You are larger than your mind. You are the awareness that encompasses it.

Your Questions

How could you embrace uncertainty, and learn to trust your inner navigational system?
Step #5: Trust

After following the breadcrumbs for over a decade, I’ve begun to see the cycles and patterns at work in my life.

I’ve lived through many ups and downs. I now trust that life has its own timing. I don’t try to paddle upstream. Instead, I relax. I enjoy the scenery. I do the best I can.

My life unfolds naturally. The harder I try, the more exhausted I become.

I’m not telling you to suddenly start trusting life. This is a process. Maybe you trust life 0.01% more today than yesterday. That is enough.

We are on a never-ending journey, forever growing and exploring. The more you fall in love with all of life, the more fun you’ll have.

All you have to do is what you can with what you have. Follow the breadcrumbs to the best of your ability. That is enough, because nothing else is possible.

Don’t worry if you haven’t found the perfect passion. Don’t worry if you’re doing things right. You’re doing the best you can.

Mistakes are often our best teachers. Going through tough times have been some of the most enlightening of my life.

We don’t know if something bad leads to something good. You never know. All you can do is live your life, and follow the breadcrumbs as best you can.

Your Questions

Do you notice the patterns and seasons in your life?

How could you experiment with trusting life 0.01% more?
Wrapping Up

In this report, you’ve received a taste of how I live my passion. If you like resonate with it, I suggest you join my newsletter if you haven’t already.

On my newsletter, I keep you up to date on my latest discoveries and other developments in my life and business.

Now, remember to use what you’ve learned here. Explore the questions that I provided.

Here’s a brief summary of what we covered:

1. Uncover your definition of passion
2. Identify your fears
3. Notice the breadcrumbs
4. Challenge your thoughts
5. Realize that you can begin to trust life

This is the beginning to living the life you know deep inside you are here to live.

If you need help in finding and following your passion, I’m available for a 1-on-1 conversation.

Remember, this report is just a taste of what my material is like. I couldn’t fit everything in here, so if you’re interested in more, remember to subscribe to my newsletter on my website.

And before we wrap up, I have one more thing I want to mention.
Interested in More Insights?

If you enjoyed the questions in this report, you’ll love the questions in my book *Find Your Passion: 25 Questions You Must Ask Yourself*.

In the book, I take you through 25 powerful questions that help you dive deeper into what your passion is, and what makes you tick in life.

Does this resonate? To learn more about the book, [click here](#).

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**FIND YOUR PASSION**

**25 QUESTIONS YOU MUST ASK YOURSELF**

**HENRI JUNTTILA**

All the best,
Henri Junttila