

Workbook and Journal

**Planning: Passion,
Vision And Purpose**

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Introduction

Just like you would take extra special care to plan a party for a close friend or an important project at work, you can also plan your life. Taking time to plan your life is one of the best ways to ensure you're creating the life of your wildest and greatest dreams.

Just as you'd painstakingly focus on the details of a special party or major work project, you can focus on the details of your life to ensure you are creating the best life possible for yourself.

When you're taking time to plan your life, there are three main elements you need to focus on to ensure you're following a good path: Passion, vision, and purpose. Each of these three aspects of life planning are crucial to the process – each of them work together to help you create a strong plan for your life that suits your wants and needs.

If you want to plan your life and find yourself feeling stuck about how to approach the process, consider the following exercises to start exploring your passions, vision, and purpose.

Exercise One

In this first exercise, you will explore your personal passions.

Passions are what you feel most enthusiastic about in your life. There are tons of different passions to have; different people feel more passionate than others about a variety of topics and interests.

This is why it's important to find your own, unique passions. Once you understand what causes you to feel passionate, you can use those passions to begin exploring vision and purpose in the next set of exercises.

To get started exploring your passions, follow the prompts below:

Make a rough schedule of your typical day. Once the schedule is drafted, rate each activity or time of day with a score of 1-5, with 1 being for when you're feeling least happy/interested, three being neutral, and five being happiest/most interested.

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Describe your observations of your ratings here. When are you happiest? Least happy?

Make a list of everything that interests and excites you.

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How do you feel when you're engaged in some of your favorite interests and activities?

Allow yourself to engage in an activity or hobby you enjoy. Be mindful during the activity or hobby. Create a list of your feelings during that engagement period:

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Exercise Two

In this second exercise, you will explore your life's purpose. Vision is determined after passions because you can use your passions to determine your purpose (think of passions, vision, and purpose fitting together like parts of a jigsaw puzzle – once you have the edge pieces snapped together, you can begin filling in the interior of the puzzle's image).

In these prompts, you will explore your passions to build a purpose for yourself. Your life's purpose is whatever you do that makes you feel happiest and most fulfilled. When you are living out your life's true purpose, you are living your life in a way that feels incredibly satisfying. You feel like you are making a difference in the world around you and for yourself as well.

Many people often find their life's purpose tucked inside their passions. Finding meaning in what you already feel most passionate about in life is a natural transition into building your life's purpose.

To understand more about your life's purpose, follow the prompts below:

Describe your perfect day. When you write this description, do it as if you're writing about a day when you are free to do whatever you want – no going to work, no running errands, and no “everyday responsibilities” involved.

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Scan through your perfect day description. Where do you see your passions within the list of things you would do on your perfect day?

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Are these passions something you could share with others?

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What are some ways you can incorporate more of your passions into your daily life?

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Exercise Three

After exploring your passions and your purpose, it is time to combine those two and begin constructing a vision for your life. Think of your vision like an ultimate destination. When you know where you are planning to go, you can work backward to begin analyzing the best route to get yourself there.

Within your ultimate vision for yourself and your life lies all the details you need to get yourself to that big goal. Whatever you see yourself doing in the future or whatever life you want most for yourself, you can use that big vision for yourself to begin piecing together the smaller, everyday living details that will bring you to that final point. To begin exploring and constructing a vision for your life, follow the prompts below.

Close your eyes for a moment and picture yourself in the future – it can be a couple months into the future, a year into the future, five years into the future, etc. At that point in the future, where do you hope to see yourself in life? Begin building on that vision by capturing some of the smaller details.

The more details you are able to envision, the more complete and realistic your vision will be. Using the details you pictured in #1, fill in the following chart:

Professionally: What were you doing professionally?	Socially: Who are you spending time with most often? What type of people are in your life?	Physically: How was your physical health? What did you look like? What were you wearing?	Emotionally: How were you feeling? What emotions could you detect in yourself?

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This image shows a full page of blank, white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, typical of notebook or legal stationery. There are no margins, text, or other markings present.

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This image shows a full page of blank, lined paper. It features approximately 28 horizontal black lines spaced evenly across the page, typical of notebook paper. The lines are thin and extend from the left edge to the right edge. There are no margins, text, or other markings on the page.

Exercise Four

In this final exercise, you will explore the concept of making everyday changes that help you plan your life more purposefully around your passions, vision, and purpose.

Every decision you make has the power to improve or worsen your current condition. Even the smallest, seemingly insignificant choices you make each day have the power to get you a little closer to your ultimate vision...or further away from it. While it may seem like every decision or choice you make cannot possibly be this powerful, it's true – even the tiniest of choices can “rock the boat” when you are working toward planning a life built around passions, vision, and purpose.

To learn more about your own decisions and their impacts on your passions, vision, and purpose, follow the prompts below:

Describe your typical daily routine. Include everything – even the most seemingly insignificant or minor details of a normal day in your life.

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How can you find ways to add more passion into your day? Are you giving yourself enough chances to engage in the activities you love most?

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This image shows a full page of blank handwriting practice paper. It features approximately 28 evenly spaced horizontal black lines across the entire page, providing a guide for letter height and placement. The lines are uniform in thickness and extend from the left margin to the right edge of the paper. There are no vertical lines, margins, or other markings present.

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The Bottom Line

However, it is important to remember that planning your life takes time and practice. You may make some mistakes, but the most important aspect of planning your life is making sure that you're following your passions, using them to live out your purpose, and fulfilling the ultimate vision you build for yourself.

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