



**CONNECTED
BUSINESS**

7 STEPS TO MINDFULNESS AND COMPASSION @WORK

MANUAL
Step 2: Passion & Purpose

7 Steps to Mindfulness and Compassion @Work

Step 2: Find Your Passion and Purpose

Today we will explore step 2 from our 7-step program, which is Find your Passion and Purpose. As we said last week it all starts with ourselves, knowing yourself, finding out what drives us intrinsically because this drives our actions and is crucial for our happiness and life-performance.

Mindfulness practice

Arriving, connection with the present moment and the body: add any observation of what came up for you during the exercise. What is important for you today?

Passion & purpose

Happiness has to do with what you really want. Go on a quest to find your strengths, values, vision, and passion. You might think – why do I need this in my work life, this sounds like something very personal. The thing is no matter where you work and what you do, the more it is aligned with your passion and purpose – with your true self – the more you will thrive, the more motivation you will have to take responsibility and the more creativity will be unleashed.

We have been working with many individuals over the last years and were able to see again

and again: the more in tune people were with their passion and purpose, the more they loved their work.

Mounira: *“My personal story of finding my passion and purpose supported me over more than 15 years of business life to have something like a red line that I could check my decisions with. So instead of looking at “what would be the right political thing to do” or “what will my boss say” I was driven by the question: how can my next step be of benefit for the company AND support me to follow my own path and showing up as the person I want to be. This red line supported me also to be a leader who supports the people in her team to find their passion and purpose and it was incredible to see how this empowered my team even more.”*

We will not find all the answers for your quest but in this short sequence we can start with a first step. In the quest for finding your passion and purpose we see 5 areas:

- **your strengths:** what are the things that you are naturally amazing in?
- **your values:** what are the things that motivate you deep inside? What kind of person do you want to be?
- **your picture:** how do you perceive the world?
- **your passion:** what makes your heart shine?
- **your vision:** what is your picture of the future?

Exercise: What makes your heart shine?

1. Use the recorded file or the guidance in the online training
2. Journaling - write down what came up without too much thinking but more like a brain dump - you just get all of it out?
 - What motivates you?
 - What makes your heart shine?
 - What are you curious about?
 - I feel most myself when I...
 - What are you most afraid of?
 - What would you do if you had every money in the world?

This is a very nice exercise that you easily can integrate into your daily life. And this does not stop here. Our passion, strengths, vision and values change with our life circumstances. We have been doing these over 10 years and every time we can go deeper or explore new aspects. So feel free to repeat this exercise and also do the same for the other areas.

Homework Exercise

- *Use the 'What makes your heart shine' recording to dive deeper into that question at least 2 times. First do the meditation and then the journaling.*
- *Do the meditation recording to create an ongoing mindfulness practice 2 times this week*

Thanks for sharing your time with us and we look forward to our next session.

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