

# Coffee and Confidence

A GUIDE TO YOUR

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*Passion*

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IN 6 EASY STEPS

A step-by-step guide to realizing your true value, identifying your strengths, and gaining direction to a passion that will impact your world.

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# A GUIDE TO YOUR *Passion* IN 6 EASY STEPS

Do you feel drawn to make a impact but don't know where to start? Do you question if you have anything of value to offer someone else. No more.

These 6 steps are eye opening exercises that will help you realize your value, identify your strengths and lead you to a subject where you can have the most effective impact on the lives of others.

By the end of this guide, you will have information about yourself that will help direct you toward work that matters and finding fulfillment in life.

Let's get started!

## 1. Take a free Strengths Test

Define your natural abilities based on your personality. Authenticity in who you are is a key component in finding out your true passions.

Head over to <http://freestrengthstest.workuno.com/free-strengths-test.html> and take the free strengths finder test. Just type the link into your browser to start.

The test is a bit lengthy at 170 questions but you will get your results instantly! It's worth it!

List your top 5 strengths here and the main objective associated with them.

1.

2.

3.

4.

5.

## 2. Identify your heroes.

List your 3 favorite stories of all time. They can be movies or books, fiction or non-fiction.

- 1.
- 2.
- 3.

Now list 3 character traits that the heroes or main characters all have in common.

- 1.
- 2.
- 3.

Finally, list 3 commonalities in the adversities these characters were facing in the story.

- 1.
- 2.
- 3.

The common character traits are traits that you see in yourself. Even if you don't feel like you show these traits, you relate strongly with them. Maybe the characters were all thinkers, had extreme athletic abilities, or maybe they're protectors.

The commonalities in the adversities reveal moral issues that you feel strongly about. It could be standing up for the underdog, teaching others to fight off encroaching danger, or searching for meaning and fulfillment.

Traits I identify with are \_\_\_\_\_

Values I care about are \_\_\_\_\_

### 3. List your hobbies.

Write down the the things you love to do. No matter how big or small. Love to read, skateboard, dance, craft, travel? Write it all down here.

- 1.
- 2.
- 3.
- 4.
- 5.

### 4. Identify your daily superpowers.

Your strength finder test gave you 34 talents listed in order of dominance. Muscles get stronger when they're used every day. It's the same with talents. You use your top talents daily, maybe without realizing it. Below, list all the ways you use your top 5 strengths in your everyday life.

- 1.
- 2.
- 3.
- 4.
- 5.

## 5. Detail your biggest personal trial.

Everyone suffers some catastrophic moments in life. Even though you may not be proud of these moments or might feel like they'd be best kept hidden, they play a key part in who you are and what others will strongly relate to in their own lives.

Personal trials offer extreme value to others. That's because every hardship has two main qualities, wandering and enlightenment. You now have experience with something that others may face and learned something from it. Now you can relate and empathize with someone going through a similar situation.

Don't underestimate the value of misfortune or suffering. Experience in a situation beats opinions on a subject every time!

Write the circumstances that surrounded your trial, the range of emotions you felt going through it, and the important lessons you took away from it.

What happened was:

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I felt:

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I learned:

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## 6. Identify your most comfortable means of communication.

Some people enjoy public speaking while others have a legitimate phobia of it. You may feel most comfortable communicating one on one or in small crowds. You might prefer to write what you want to share and post it on a blog or put it in a book. Maybe you enjoy being on video and posting on YouTube. Perhaps you'd rather share your thoughts through audio by way of a podcast.

It doesn't matter what medium you decide to use to share your message. It just needs to be a place where you feel comfortable enough to be authentic.

My favorite way to communicate with people is through \_\_\_\_\_.

### Don't stop now!

Now is the time to put all this work into action. By taking the strengths test, you have validated what you already knew about yourself. Don't shy away from your strengths. Own them and use them.

Your favorite stories have given you insight into moral dilemmas and cultural issues that you feel strongly about.

Your hobbies will help you find creative ways to share your message and will also give you a great place to start meeting like-minded people.

Your daily superpowers are proof that you don't have to have credentials to be an expert. You have experience which is more valuable than opinions.

Your unique story is an open door to start communicating and relating to people. Share the lessons you've learned and help someone through their time of trial.

Begin pursuing your passion by communicating effectively in whatever way is most comfortable for you. Be authentic and honest and you will naturally draw the right people to you.

Pursue it and do it!