

The path to passion

All you need is love, and that includes passion for your job, writes Eugene Yiga

We spend a third of our time sleeping, a third at work, and the other third wishing for less of the second and more of the first. But does it really have to be that way?

Maybe you aren't as passionate about your job as you are about Pokémon Go. (Nobody's judging you.) And maybe you, like many others, assume that work is meant to be a pain, with fun reserved for weekends and holidays. But what about the people who wake up excited about their lives because they're passionate about what they do? Are they on special drugs?

No, dear reader. And yes, you can be one of them (minus the special drugs). Start by considering what you are already doing. Opportunities for doing what we love often go unnoticed. Maybe we think we can't make a living by following them up. Or maybe we never stopped to realise just how fascinating they are.

So, what would you do even if you didn't get paid for it? What gifts do you have that you'd like to make available to the world? At what time in your life have you felt the most creative? What are two or three examples of great work you've done in the past? What topics do you research or talk about for hours on end?

Don't censor yourself in this exercise. Just write down whatever comes to mind. At the same time, understand that your passion might be for something that doesn't yet exist. So don't limit yourself to conventional templates either. Instead, find and fill the gap, even if it means creating your own profession through a hybrid of different fields. (Rock star astronaut is already taken.)



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Also remember that you don't have to find either your 'One True Passion' or nothing at all; this isn't *The Bachelor*. Instead, stay open to opportunities and variations in between. As you move away from what you hate and towards what you love, you might have to start with something you only like a little before doing something amazing.

Some people find it exciting to take the plunge and figure it out as they go along. For others, it's better to study those who have been there before, so they can understand their success. (If you don't get bored right away, that's a good sign.)

The most important thing is to give it a try. Otherwise you'll never know what you might love, or how many more miserable Mondays your future holds.

Whatever you do, focus on fulfilment instead of happiness. Because happiness is a vague concept and a state that's often temporary, it's better to focus on long-term fulfilment. No, doing what you love won't always be fun. And perhaps it won't make you famous, powerful or rich. But if it aligns with your values and makes a difference in the world, that's what matters most. 