

Discovering Your Passion



ICAN Institute, Inc. and IBA are teaming up to help you discover your passion. As we work together to help you achieve your dreams, you will need to know exactly what you want and why you want it!

This clarity will support you in designing your perfect life plan and get you moving towards living the life of your dreams. Enjoy this short activity from Chapter 4 of Deb's book, *Get Out of the Rut and On With Your Life*, to assist you in discovering your passion.

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Let's do some brainstorming. Let your mind run wild, and reach for the stars. Use a separate sheet of paper for each one of these lists. At the top of the first page, write **TO DO**. On the second page, write **TO BE**. On the third page, write **TO HAVE**, and on the fourth page, write **TO GIVE**. You are going to give yourself at least 3 minutes for each section. Take more time if you get on a roll but don't quit till you have exhausted everything you can think of.

TO DO—If you could do anything, what would you want to do?

Let your mind go crazy. What have you always dreamed of doing? Would you want to write a book? Swim with the dolphins? Meet a celebrity? Take a bike tour across Europe? Join a ceramics class? Open your own restaurant? Learn a second language?

If there were no limits as to what you could do, what would you do with your life? What places would you visit? What experiences would you have? What new skills would you acquire? Write them all down. Write as fast as you can. If your mind stalls, ask yourself, "What else?"

TO BE—If you could become anybody, who would you be?

Would you become a great inventor? Maybe a renowned artist? Or perhaps your secret passion has always been to become a Rock Star? Maybe you want to be a stay-at-home mom or an entrepreneur?

Whatever it is, write it down. Don't worry. Your unique genius is only uncovered if you are doing what you love to do. What would make your heart sing? If you could be anything, who would you become? Keep writing and reaching for more.

TO HAVE—If you could have anything, what would you want?

Would you want to build your dream home? Have you been eyeing a new car? Perhaps you want a new laptop or digital camera? Maybe you want something less material—like a life partner or a new job. If I told you that you can have everything your heart desires if you just write it down, what would go on your list? Write it down. Don't hold back. Include big things, like world peace and millions of dollars in your bank account; include small things like a new pair of shoes. Write it all down.

TO GIVE—If you could contribute anything to the world, what would it be?

What would be your legacy? Do you remember when you were an idealistic youth and you just knew you would help to change the world? What would you do? Would you discover a cure for Aids? Or maybe discover a new miracle food to eliminate world hunger. Maybe your vision is closer to home, like sending your kids to an Ivy League school. Or perhaps you want to help your local PTA build a new playground. Do you want to write poetry that will inspire generations to come? Write it all down. Imagine that you have been blessed with everything on your To Have list. What would you share with others?

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Liberating Your Dreams

That's great. Now let's look back at what you wrote down and evaluate what I call the limited-thinking factor. Are there things that you thought of writing down but didn't because your limited-thinking mind talked you out of it? Did you censor yourself?

Let's take the lottery test and see. The purpose of this activity is to help you continue to develop bigger dreams, to expand your ability to mentally go for it. I want you to reach further than you have ever reached before. We use the lottery because it releases your mind from having to defend or argue the limits of your current life circumstances.

Go back to each of the four lists and draw a line under the last item in each category so you know where the limited thinking ends and true limitless possibilities begin.

Now close your eyes and imagine that you just won the lottery. You will be receiving a check for 50 million dollars, TODAY. Now, let's try the game again.

TO DO—**With a bulging bank account, what will you do?**

With 50 million dollars in your bank account, there are no limits now—anything is possible. What do you want to experience? Where would you like to travel? What kind of experiences would you want for yourself and your loved ones?

TO BE—**With unlimited funds, what would you like to become?**

Would you like to go back to school? Start a new business? What new skills or hobbies would you like to learn?

Remember, you are NOW a multi-millionaire and anything is possible, so what kinds of self-improvements would you invest in?

TO HAVE—**As a millionaire, what do you want to possess?**

If you said that you would build your dream house, notice if it is a different house now than the first time you wrote it down? Maybe the first time it was just a step up from where you currently live. But now that you know you have millions, what kind of a house would you build? Does the dream get bigger? That is the goal. When you see more possibilities, you tend to dream bigger dreams. So dream big. Get specific. How many rooms? Would you put in a library, a pool, and Jacuzzi? What about an exercise room? How would the kitchen be equipped? Be specific with your dreaming. Each new idea opens up more possibilities.

TO GIVE—**How will you share your wealth with others?**

Now we have come to my favorite part. You have everything you want. You are becoming the person you have dreamed of becoming. You are doing things you never thought were possible before.

Now let's talk about what you want to contribute. Do you want to give money to your favorite charity? How much would you give? Think BIG. You have millions, more than you could ever spend. So how would you share yourself and your gifts with the world?

Now – look at your answers. Did you dream bigger the second time? Good. Now you're getting the idea. In order to dream bigger dreams, you must **eliminate** the judging mind that wants to analyze everything and explain to you why you can't have your heart's desire.

What if IBA could help you achieve all your dreams? **What if** you didn't have to win the lottery to live the life of your dreams? **What if** it was as simple as investing 1 – 3 hours per week working with the **IBA** dream team? **What if** life could really be all you've ever dreamed it could be? **Well it can!**

Your job is to **dream it** – Our job is to show you how you can **live it!**