

# 2023 WORK AT WHAT YOU LOVE



NEW YEAR NEW LIFE  
SESSION #2: WHAT DO YOU HAVE



[www.ChangingCourse.com](http://www.ChangingCourse.com)

BASED ON THE WORK OF VALERIE YOUNG

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## **HOW TO USE THIS WORKBOOK**

This workbook is vital to your *Work at What You Love* learning experience. It contains dozens of helpful exercises that, on their own, can catapult you from where you are to where you want to be.

Throughout the workshop you'll be asked to stop to work through these powerful exercises. It's essential that you do the exercises in the order they are assigned.

As you move through the *Work at What You Love* workshop you'll find each exercise is designed to prepare you for the next phase of both the workshop and your journey.

We suggest you either print this workbook on 3-hole paper and put them into a 3-ring binder or staple them together in a folder marked My New Life!

# **AGENDA**

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## **Session 2**

- **Common Misconceptions**
- **Liberating Thoughts**
- **What Do You Have?**
  - What do you love to do (interests)?
  - What are your gifts, talents, and skills?
  - What are your unique life experiences?
  - What assets do you have that you can monetize?

## SESSION 2: WHAT DO YOU HAVE?

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### Common Misconceptions about Career Change

1. Thinking you need a \_\_\_\_\_ to make a living.

*Notes:*

2. Focusing on skills vs. \_\_\_\_\_.

*Notes:*

3. Focusing on skills vs. \_\_\_\_\_.

*Notes:*

4. Thinking you have to pick just \_\_\_\_\_ interest, passion, gift, or idea.

*Notes:*

5. Using \_\_\_\_\_ as the primary measure of success.

*Notes:*

## SESSION 2: WHAT DO YOU HAVE?

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### Liberating Thoughts

Six liberating questions about finding a calling and our passions

1. Just because you're ready to find your calling or passion, that your calling or passion is ready for \_\_\_\_\_?

Notes:

2. You can have more than one "true" calling and your calling can \_\_\_\_\_ over time.

Notes:

3. The things you love to do don't need to be where you make most of your \_\_\_\_\_?

Notes:

4. You don't have to love your work in order to love your \_\_\_\_\_?

Notes:

## SESSION 2: WHAT DO YOU HAVE?

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### **What do you love to do?**

As a child, what did you want to be when you grew up? What about it appealed to you?

What kinds of things did you love to do when you were younger – childhood, teen years, young adult?

What topics or things were you interested in when you were younger – childhood, teen years, young adult?

Name someone whom you look up to or are drawn to emulate work-wise? What is it about this person and their work that's attractive to you?

## SESSION 2: WHAT DO YOU HAVE?

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### **Tapping Into Your Gifts and Interests**

What would you say are your natural gifts or talents? The things that come so easily to you that you hardly notice them as such?

What are you really good at? What are people constantly asking you to help with?

What would people who know you add to the items you listed above, e.g. friends, family, current or past co-workers, colleagues, or current customers? If you aren't sure, who can you ask?

Review your answers to the questions above and put a star next to those gifts and talents you *enjoy* using.

## SESSION 2: WHAT DO YOU HAVE?

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There is a psychological concept called “flow.” It’s when you find yourself so immersed in an activity that you lose all track of time and are simply focused on what’s in front of you. Your mind isn’t distracted at all. Rather, you simply “flow” with your activity. When do you find yourself in a state of “flow”? Name 3 things that happily grab and hold your attention?

### **Exploring Life Experiences**

What experiences have you had that left an impact?

What did you learn from your experiences?

Is your learning from those experiences something that you can teach others to make their journey easier or mitigate the challenges that accompany that experience?



## SESSION 2: WHAT DO YOU HAVE?

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### **Examining What If**

You own a company that makes a product by hand. What do you make and what do you love about it?

You own a company that offers a service. What do you do and what do you love about it?

You own a retail or online store. What do you sell and what do you love about it?

## SESSION 2: WHAT DO YOU HAVE?

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### What If You Have Multiple Passions?

The late career expert and best-selling author Barbara Sher pioneered the concept of “scanner.” Unlike “divers” who pursue one interest and specialize, scanners have many diverse interests.

They love planning trips... *and* they love coming up with ideas for inventions... *and* they love photography... *and* they love home improvement/renovation.... *and* they love blogging about football...

#### ***Take the Scanner Test***

Because they have so many passions, scanners:

- are easily bored with repetition
- lose interest once they've mastered something
- have a hard time sticking with one thing for fear that if they say 'yes' to that then they must say 'no' to their other interests.

If you answered yes to these questions, you may be a scanner. Are you a scanner?  
YES/NO

Do you believe when you're doing something you are truly passionate about it feels more like play than work? YES/NO

### Start Defining Income Streams

Using the information you've gathered about your interests, gifts, talent, and experiences, begin identifying possible income streams. On the next two pages, you can list up to six income streams. It can be fewer than six, but remember, it should be things you enjoy doing.

# SESSION 2: WHAT DO YOU HAVE?

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## Multiple Passions

How might you get paid to do the things you enjoy doing?

Income Stream 1	
Income Stream 2	
Income Stream 3	
Income Stream 4	
Income Stream 5	
Income Stream 6	

## SESSION 2: WHAT DO YOU HAVE?

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### **Energy Assessment for Scanners or Anyone Pursuing a Passion**

Describe where in the process of doing the things you love does your energy fade or you lose interest?

#### **Addressing the parts of a business you don't enjoy**

Your choices are:

- Option 1: Design your business so you get to do only – or mostly do – the parts you enjoy.
  
- Option 2: Delegate the parts you don't enjoy to a freelancer, an employee, or a business partner.
  
- Option 3: If options 1 and 2 don't work, come up with other options that will work. If you can't, then ask yourself, "How much do I really want to be my own boss?"

## SESSION 2: WHAT DO YOU HAVE?

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### Finding and Monetizing Hidden Assets

*What assets do you have and how can you monetize them?*

- Real estate
  
- Space
  
- Time
  
- Intellectual property
  
- Previous knowledge/experience – school, previous jobs, life experience
  
- Recently acquired knowledge/experience
  
- Access to customers or groups
  
- Connections

## SESSION 2: WEEKLY REFLECTION & AFFIRMATION

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### **I wholeheartedly pursue my interests.**

Life is filled with days that fly by. I recognize that how I choose to spend my time is a reflection of what I think is important. So, I focus on finding the time in my busy week to engage in activities I love doing.

Certain types of involvement bring me joy, relief, and personal reward. My life is fascinating to me because I take special care to do these things that make me happy.

Pursuing my interests inspires me. Taking part in my cherished activities replenishes me. Sometimes, when I spend moments taking part in my chosen pastimes, I even feel accomplished.

***After spending time doing the things I enjoy, I feel re-charged.*** The sheer pleasure of new discoveries in my chosen activities refreshes me in ways that nothing else can. I can then face my work and family tasks with gusto.

***For me, making time to do all the things I am passionate about is what makes my life worth living.***

Today, I intend to take part in one of my beloved passions. Even if I have just 30 minutes to spare, I can spend it doing something that brings me solace, joy, and positivity. I know I am worthy of the time I spend doing what makes me happy.

### **Self-Reflection Questions:**

1. What are the special pastimes that I get excited about doing?
  
  
  
  
  
  
  
  
  
  
2. Are there activities I would like to do that I have not yet pursued? What are they?

## SESSION 2: WEEKLY REFLECTION & AFFIRMATION

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3. How important is it for me to consistently pursue my passions?