

## Action Plan for Finding Passion for Your Purpose

What are my plans for becoming more passionate about my job?		
Recommendations	Presently Doing	Strive to Do
Find what I love and seek a job doing it.		
Use Lightstone's (2021) ten indicators to determine if I truly love what I am doing: <ol style="list-style-type: none"> <li>1. Do I enter a state of flow where time flies by and I lose myself?</li> <li>2. Do I feel fulfilled because I am doing something that is of value?</li> <li>3. Do I get up in the morning with excitement about my day?</li> <li>4. Do I work side by side with coworkers and superiors with whom I can accomplish great things?</li> <li>5. Do I complain?</li> <li>6. Do I mind when I must struggle?</li> <li>7. Does talking about what I do energize me?</li> <li>8. Is my work more than just work, or is it a means to an end?</li> <li>9. Am I always interested in learning more about my job?</li> <li>10. Do I feel tired at the end of a challenging day?</li> </ol>		
Set healthy boundaries for my work time.		
Renew myself with downtime.		
Make downtime and vacations an integral part of my schedule.		
Communicate my passion for my content to students as I teach.		
Encourage students to explore their passions.		
<b>Goals and Notes:</b>		

Source for ten indicators: Lightstone, N. (2021, February 11). 10 signs you are enjoying your work. Accessed at [www.lifehack.org/articles/work/10-signs-you-are-enjoying-your-work.html](http://www.lifehack.org/articles/work/10-signs-you-are-enjoying-your-work.html) on July 20, 2021.