



Life Path Discovery



This process is designed to help you tap into your forgotten or undiscovered interests and passions. Studies show that our interests are well defined at a very early age. So we don't develop new interests, we *discover* them!

It's important that you allow yourself some time to go through this process. You might consider working on it for small periods of times over several days to allow yourself time to really connect with your inner self. As you complete each step, apply it to each phase of your life one at a time: your childhood, adolescence and then your adulthood. Don't move on to the next step until each phase of your life has been addressed.

STEP 1: Activities you enjoy.

Think back to your earliest memories as a child. What were your most favorite things to do? How did you like to spend your time? Write them all down, one item for each box going down the first column. Record even the simplest of things (i.e. playing with your dolls, Legos, puzzles, coloring or riding your bike, etc.). Remember, at that age you were easily entertained!

STEP 2: What you like about it.

You probably haven't spent much time thinking about why you like something. But there are certain attributes about activities that appeal to us. Next to each activity recorded in the prior step, write down what it was that you liked, or like, about that activity.

EXAMPLE

SELF DISCOVERY CHART			
Activities I enjoy	What I like about it	If I were to make a profession out of it I would...	After 5 years I would...
Swimming	Feel of the Water Feeling weightless		
Gymnastics	Pushing myself Challenge		
Camping w/Dad	Smell of the forest Stars Nature Being w/Dad		
Biking	Freedom Wind in my hair Speed Independence		



STEP 3: If you were to make a profession out of it you would...

Here, it's important that you remove any limitations from your mind. All things are possible. Forget about whether you could make any money from it or whether you have the necessary skills required. Just let your mind go and record the first thing that pops into your mind without questioning it.

EXAMPLE

SELF DISCOVERY CHART			
Activities I enjoy	What I like about it	If I were to make a profession out of it I would...	After 5 years I would...
Swimming	Feel of the Water Feeling weightless	Swim Instructor	
Gymnastics	Pushing myself Challenge	World Competition	
Camping w/Dad	Smell of the forest Stars Nature Being w/Dad	Wilderness excursion guide	
Biking	Freedom Wind in my hair Speed Independence	Write about all of the "off the beaten path" bike trails Start a bike club	



STEP 4: After 5 years you would...

Give this one some thought. This one is a little harder because now we're accessing the creative side of the brain. It's where you start to push the boundaries of your logical brain.

Consider that you've done that activity for five years. Would you consider making a change to something else? Or would you continue doing the same thing? You may find that nothing else comes to mind. In other cases you may find that you'd want to change completely and go in another direction. And that's okay too.

EXAMPLE

SELF DISCOVERY CHART			
Activities I enjoy	What I like about it	If I were to make a profession out of it I would...	After 5 years I would...
Swimming	Feel of the Water Feeling weightless	Swim Instructor	Write about the swimming techniques of the best
Gymnastics	Pushing myself Challenge	World Competition	Personal gymnastics coach
Camping w/Dad	Smell of the forest Stars Nature Being w/Dad	Wilderness excursion guide	Write about my excursions
Biking	Freedom Wind in my hair Speed Independence	Write about all of the "off the beaten path" bike trails Start a bike club	Lead bike tours in countries all around the world

After completing all the steps, look at the last two columns and see if you can see a pattern, a common thread or threads that run through them all. Take a highlighter and highlight the words that jump out at you. This step requires that you really stand back and try and be as objective as you can. If at first you don't see a pattern, consider putting it down and coming back to it later. The mind is a wonderful thing. Sometimes, giving the brain something else to do can be quite effective in gaining clarity.

NOTE: This process is based on the work of one of my mentors, Barbara Sher, who graciously gave us permission to share it with you.

SELF DISCOVERY CHART

Activities I enjoy	What I like about it	If I were to make a profession out of it I would...	After 5 years I would...