



# Newsletter 5 • invent your life

CAREER & LIFE COACHING PROGRAMS FOR STUDENTS & YOUNG PROFESSIONALS

## It's Time to Re-evaluate

*Featuring The Highlands Ability Battery*



What happens when you reach a turning point in your career? What if you've been in a field for several years and feel an urge to change?

Samantha reached that stage at 25. She started as a child actress, received a degree in drama and worked in the theater as an adult. She wanted to use her creativity, but also wanted to move into a field that had more practical promise.

Samantha took The Highlands Ability Battery and found out that she was in the right arena, but wasn't using all of her abilities to the best advantage. She discovered she wanted to write and direct productions, rather than act in them.

Samantha was delighted. *"This quantified what I had always intuited, and reinforced the general direction in which I had been moving. All of my experience had been in theater; I didn't know much about film. But I saw that by using my talents as a director or writer in film, I could apply that to a field that had more commercial promise."*

Determined to put this knowledge to use, Samantha applied to several film schools, was accepted by the University of Southern California and received a Master of Fine Arts degree in film production. Samantha found an agent and is writing screenplays that are being considered by a major film company.

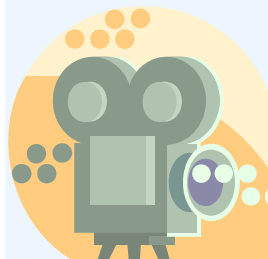
*"Choose a job you love and you will never have to work a day in your life."*

*-Confucius*

## 8 Steps to Finding Your Passion

**1. Make Discovery a Priority:** Finding your fascinations takes surprisingly little time and energy – but you have to take action to get there. You can't just assume you know.

**2. Be Aware of What Grabs Your Attention:** If a news story gets your interest, ask yourself, "why?" If a picture in a magazine is interesting, cut it out.



**3. Start an Interest File:** Get a file folder or box and put it someplace visible. Collect things that get your attention, articles and pictures you cut out, even your random thoughts about things that interest you. What excites you—what are you passionate about?

**4. Keep Your Files for at Least Two Weeks:** Longer is better. Just keep throwing stuff in.

**5. Don't Try to Make Sense of It Right Away:** Give yourself time. This is one of the most important secrets of creativity. You don't have to make sense of everything for now. You are looking for things that get your attention.

**6. After A Few Weeks, Open up Your Interest File:** Pull out what you have been collecting and spread it out on the floor. Start to sort it out and ask questions: What interested you about the story? What was fascinating about this picture? How are they related?

Turn over ► ► ►

## Continued from Other Side

**7. Name Your Groupings:** Develop some categories for your interest. You need a name for them, because you have to start focusing on what you are interested in. Make a list. Put them in order of things that interest you most.

**8. Make it Work:** Now that you have a clearer sense and picture of the things that fascinate you and turn you on in life, What can you become involved with at work that would excite you? What can you start at your company that would make you want to come back to it every morning?

## Find Out What Fascinates You



Many years ago, there was a story on television about the “Living Treasures of Japan” that honored a weaver in one of the far Northern provinces.

“Sometimes I lie awake in the early morning hours waiting for the sun to come up, so that I can start my weaving again.” This woman was engaged in a simple, repetitive task, but was utterly fascinated by every part of it – the yarn, the colors, the dying, the act of weaving itself. The end product, the woven cloth, was almost an afterthought for her. And yet her cloth is considered so unusually beautiful, rich, and finely made, that much of it is displayed in museums as examples of the art.

We are often asked if people can really love what they are doing in this day and age. Executives, managers, professionals, people who would seem to have it all together – are asking if they can actually be passionate about what they do.

**Of course they can!** You can get up in the morning

### For information contact:

Cindy Valliere—Career & Life Coach

Copyright © 2005 Invent Your Life All Rights Reserved.  
The Highlands Company Newsletter—Modified

looking forward to work, fascinated by what you do. In fact, finding out that key part of you can absolutely mean the difference between just going to work and being enthusiastic about it.

Bringing more of yourself into your work makes sense: the more involved, interested and fascinated you are by what you are doing, the more you will enjoy it, and the more productive and creative you will be.

How do you do that? You have to work at it. Many people say that there is nothing really interesting about what they do all day. They probably aren't looking beyond the trees.

Consider a cashier at a large drug store who became interested in the kinds of customers that shopped at the store and what they bought. He noticed their buying habits and could predict fairly accurately what ended up in their shopping carts. He developed an idea about how to display the merchandise to take advantage of these observations, and wrote a report to management.

**What happened?** Management listened and he got promoted!

The weaver and the cashier found things that fascinated them and brought them to their work. **You can do this too!**

*“Do what you love and the money will follow. If it doesn't follow, at least you're doing what you love!”*

—Ed Koran



**invent your LIFE**  
be someone amazing

919-294-4225 • cindy@inventyourlife.com • inventyourlife.com  
7011 fayetteville rd., suite 108 #107 • durham nc 27713