

**HELP! WHAT SHOULD I DO AFTER HIGH SCHOOL?  
HOW DO I FIGURE OUT WHAT I WANT TO DO?  
WHAT IS MY PASSION AND HOW DO I FIND IT?**

**Why passion is important:**

**“We were all created to fill a unique role. You are needed. And you must do it.** There is someone out there who needs *you* to be *you*. So, how do you make the kind of contribution to this world that you were created to make? By doing work you’re passionate about.”  
(Ken Coleman)

Some people have known what their passion is for many years. Sometimes, your passion might change a little. You might have no idea what your passion is. Now is the time to find your passion and take steps towards getting to do that passion.

**What passion is not:**

Some people are very passionate about hobbies. However, a passion isn’t generally a hobby, at least not when we’re talking career planning. You’re going to spend ONE THIRD of your life at work. It should be something you enjoy. Also, passion is not skills or talents you have. You don’t necessarily have to be passionate about something you’re good at doing, nor do you need to be good (at least not now) at something about which you are passionate.

**How do I find my passion?**

Author, podcaster, radio personality, and career coach Ken Coleman, states that there are three basic questions you want to consider. Write down your answers. Hang on to this information.

1. **Who do I most want to help?** Be as specific as you can: underprivileged youth? students? the elderly?
2. **What problem do I most want to solve?** Be specific again. Maybe you want to help underprivileged youth apply for scholarships so they can go to post-secondary without a lot of debt. Maybe you want to help students learn math or how to play volleyball. Maybe you want to help the elderly maintain mobility.
3. **What solution do I most want to provide?** Sometimes your passion doesn’t come from a specific problem you want to solve, but from a specific solution you want to provide. In other words, you may not care what problem you’re solving as long as you get to speak to an audience, publish an article, or increase sales for an organization.

The solution, or end result, you dream about producing is a great indicator of what you’re passionate about. Here are some questions you can ask yourself to do some digging:

- What do you love to create?
- What results move you?
- What products or services excite you?

Get very specific here and note that the answers to questions two and three can sometimes feel similar and interconnected. That's okay. Look at what you've written for answers. Start looking for patterns and themes you can tie together. For example, if you want to help underprivileged youth find scholarships for college, and you've always loved public speaking, then your solution might look like hosting seminars at local high schools. If you want to help students learn math, maybe you become a teacher and coach, or maybe you write textbooks or instruction manuals. If you want to improve mobility in the elderly, maybe you want to be a physical therapist, or use science to create a specific piece of technology to help the elderly maintain mobility.

Finding your passion is not as difficult as it sounds. It all comes down to asking yourself some questions to help you notice patterns and themes in your life. These patterns and themes will usually point to people groups about whom you care deeply, problems about which you're passionate, and solutions you're capable of providing.

Once you've answered these questions and jotted down notes of any patterns you're noticing, make sure to get feedback from people you love and trust and who will speak truth to you. Many times, those around us will see passions in us of which we are not even aware.

Another way to look at things is to consider questions like these:

- *If all jobs paid the same amount of money and took the same amount of time and cost to get trained, what might you like to do?*
- *If you had \$10 million, and you didn't have to work at a job for the money, what would you wake up and do every day?*
- *What do your parents say you might do for an occupation?*
- *What job would you do for free, because you like it that much?*
- *What would an amazing day of work look like?*

If you need more help in figuring out or nailing down your passion, check out Ken Coleman's free [Career Clarity Guide](#). It's a worksheet designed to help you define your top talents, passion and mission so that you can take bold steps towards your next big opportunity. There are many other free resources and others that have a cost on his website. Free resources and articles include resume and interview guide, how to find a mentor, helping you find your purpose at work, how to start a new job, and much more.

-Adapted from Ken Coleman "How to Find Your Passion"