





Passion



*Do what makes
you feel alive.*



HOLSTEE

WELCOME TO

Passion

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TO A SECTION!



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Nurturing the things that
light you up is difficult,
and essential.

Do what makes you feel alive
and find your authentic self.

.....

Passion *noun*

pas·sion | 'pa-shən

A strong liking or desire for or devotion to some activity, object, or concept.

Merriam-Webster Dictionary © 2022

In this guide, explore how harnessing your passions can lead to higher well-being.

Enjoy poetry, philosophy, and a range of activities to help pinpoint personal virtues, strengths, and motivations — the building blocks of targeted, fulfilling practices and activities.

Dive into teachings by Christopher Peterson, Martin Seligman, Tim Kasser, and Veronika Huta — just to name a few. Learn how to reflect meaningfully on connection and engagement, bring personal values and strengths to the surface, and find gratification in challenge.

Use this guide to identify and grow the areas of your life that are the most compelling and rewarding.

Sea and Love

The sea continuously conveys
an endless journey
that lies
before us.

The vast unknown,
awaiting exploration.

Much like love,
both remain unpredictable.
Yet the rewards
are undeniable.

Is the open ocean
and its beauty worth
the risks?

Is the spark ignited
by your heart
worth the pain?

The answers will remain
a mystery,
until you plunge in
to make
history.

Kristina Tan

Warm-Up



When you were a kid, what did you want to be when you grew up?

- **What about this dream seemed particularly awesome? What traits or aspects were you drawn to?**

Maybe your dreams of going to the moon never panned out, but you still embody the traits of an astronaut by taking risks whenever the opportunity arises.

- **Reflect on how you embody some aspect of that big childhood dream in your life today — even if it doesn't look quite like what you originally pictured.**

*“ Never give up on what you really want to do.
The person with big dreams is more powerful
than the one with all the facts.*

ALBERT EINSTEIN

Click on bars like these to open a new journal entry in Reflection.app with the prompt ready! **Bonus:** As part of your Holstee Membership, you get Premium access to Reflection.app — click now to give it a try!



ANSWER THIS PROMPT IN REFLECTION.APP

Rose, Thorn, and Bud

What are you passionate about? Sometimes it can be a hard thing to figure out.

One exercise that can help us notice what is captivating our attention is called Rose, Thorn, and Bud.

ROSE	What was the highlight of your week?
THORN	What was one pain point in your week?
BUD	What are you looking forward to next week?

When we assess the moments that make us feel connected, engaged, frustrated, bored, or challenged, we get closer to knowing ourselves and what makes our lives meaningful.

Put this guide somewhere where you'll remember to come back to it weekly — on your nightstand or tucked into your journal — and identify your roses, buds, and thorns.



After a month, look back at your responses. Do you see any patterns or trends among your roses, buds, and thorns?



COMPLETE THIS ACTIVITY AS A
SPECIAL GUIDE IN REFLECTION.APP

Start with Why

Feeling stuck? It's never too late to gain (or regain) clarity in your purpose or your "why".

In his book *Start with Why*, **Simon Sinek** says "very few people or companies can clearly articulate WHY they do WHAT they do...By WHY I mean what is your purpose, cause or belief? WHY does your company exist? WHY do you get out of bed every morning? And WHY should anyone care?"

STEP 1:

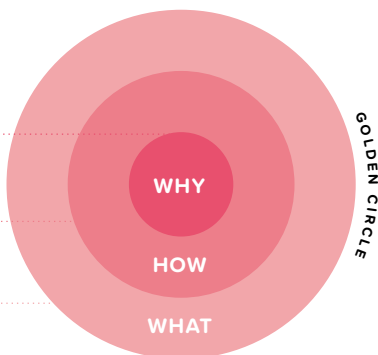
Clarity for **Why**

STEP 2:

Discipline in **How**

STEP 3:

Consistency of **What**



Regardless of whether you are learning to play piano or teaching a large team, your "why" is the driving force behind any endeavor. Coming back to your "why" is a powerful motivator, especially when things are not going smoothly.



Consider a challenge you are facing right now. What was your initial reason for taking it on?



ANSWER THIS PROMPT IN REFLECTION.APP

Plus Minus Equal

This “Plus Minus Equal” framework, inspired by **Frank Shamrock**, is a powerful way to keep your ego in check through the ups and downs of your journey.



PLUS

Find someone with more experience in your area of interest and learn from them.



MINUS

Be open to those with less experience and teach what you know.



EQUAL

Seek out peers with whom you can exchange ideas and challenge each other's thinking.

You can learn, teach, and exchange ideas with anyone. Depending on where you are in your journey, you may need more or less of a specific type of support.



What do you need most right now?



ANSWER THIS PROMPT IN REFLECTION.APP

Flow

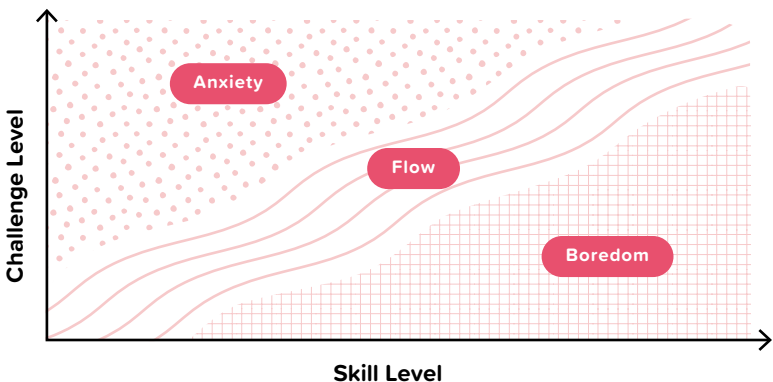
Have you ever been so “in the zone” that background noise and other distractions just seem to melt away?

Psychologist **Mihaly Csikszentmihalyi** (pronounced Mee-high Cheek-sent-mee-high) calls this the **flow state**.

“ *The best moments in our lives are not the passive, receptive, relaxing times ... The best moments usually occur if a person’s body or mind is stretched to its limits in a voluntary effort to accomplish something difficult and worthwhile.*

MIHALY CSIKSZENTMIHALYI

A large part of entering the flow state depends on a task or challenge being closely matched with your abilities. For example, when something you need to do is well beyond your ability, you may feel anxiety. On the other hand, a task that is extremely easy will leave you feeling bored and unfulfilled. The flow state is the sweet spot between these extremes.



Csikszentmihalyi identifies **eight characteristics of flow**. When flow is achieved, there is:

- 01 Complete concentration on the task
- 02 Clarity of goals
- 03 An altered sense of time (time seems to speed up or slow down)
- 04 A feeling of reward or fulfillment
- 05 A sense of effortlessness
- 06 A balance between challenge and ability
- 07 No room for worry, fear, or distraction
- 08 The feeling of control



What were you doing the last time you entered a flow state?



ANSWER THIS PROMPT IN REFLECTION.APP

Flourishing

In 2011, psychologist **Martin Seligman**'s book *Flourish* introduced a new theory to the positive psychology movement, one not centered on pursuing happiness but on pursuing a sense of well-being.

In Seligman's view, happiness — a topic he had written about extensively in his bestselling book *Authentic Happiness* — is too narrow of a lens through which to measure one's life satisfaction.

“ *I used to think that the topic of positive psychology was happiness, that the gold standard for measuring happiness was life satisfaction, and that the goal of positive psychology was to increase life satisfaction. I now think that the topic of positive psychology is well-being, that the gold standard for measuring well-being is flourishing, and that the goal of positive psychology is to increase flourishing.*

MARTIN SELIGMAN

Well-being, through **flourishing**, is a much more nuanced state than happiness. Seligman explains that we can flourish by focusing our attention on five measurable elements:

- 01 **Positive Emotion:** Experiencing emotions such as gratitude, hope, and contentment.
- 02 **Engagement:** Activities that fully absorb our attention, entering us into a state of flow.
- 03 **Relationships:** A sense of strong trust, connection, and support with others.
- 04 **Meaning:** An altruistic purpose in life that is bigger than the self.
- 05 **Achievement:** Having ambition and goals and following through on them.



Reflect on past moments in which you connected strongly with some of these elements. **Who were you with and what were you doing?**

- **What are some simple ways you can bring more of these moments into your life?**



ANSWER THIS PROMPT IN REFLECTION.APP

The Root of Fulfillment

On the surface, it's easy to do a high-level inventory of what we're passionate about; we look at our daydreams, how we allocate our time, and what life events make us happy.

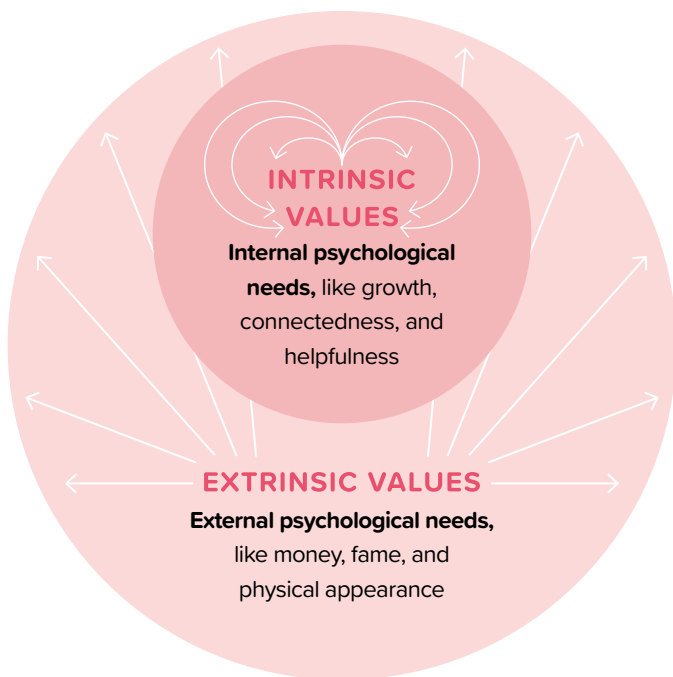
However, the tricky part is determining the motivation behind these passions. A way to do this is through the examination of our **intrinsic** and **extrinsic values**.

Tim Kasser, psychologist and author of *The High Price of Materialism*, is interested in how our intrinsic and extrinsic values impact our well-being.

After more than 20 years of research, Kasser found that intrinsic values often correlate to a higher sense of well-being. While it's natural to have a mixture of intrinsic and extrinsic values, we should aim to prioritize intrinsically-based values as they are at the root of personal fulfillment. He encourages people to ask themselves, "Is my life set up in a way that actually reflects what I believe is most important?"

“ *What and how much had I lost by trying to do only what was expected of me instead of what I myself had wished to do?* ”

RALPH ELLISON



What are two intrinsic values you find important?

- **In what ways do you live out these values? How does doing so make you feel?**

Example: *I value connectedness. When I spend quality time with my family, it makes me feel fulfilled and proud.*

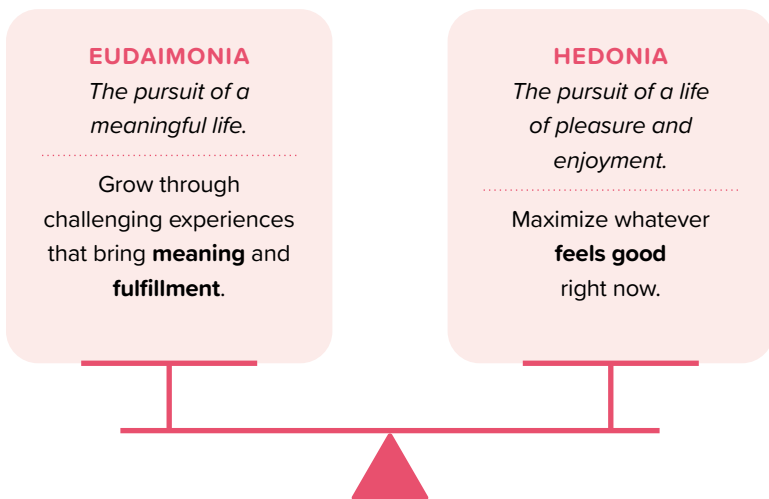


ANSWER THIS PROMPT IN REFLECTION.APP

Eudaimonia & Hedonia

In *Nicomachean Ethics*, **Aristotle** revisits the concept of **eudaimonia**, the pursuit of a meaningful life. A eudaimonic life is intrinsically motivated, led by a sense of purpose, and yields personal growth.

Alternatively, **Aristippus** championed **hedonia**, the pursuit of pleasure and enjoyment. A hedonic life is extrinsically motivated and strives to maximize things that feel good while minimizing discomfort.



Which path should you follow? According to **Veronika Huta**, a professor of psychology, both. Huta believes that a happy or 'good life' requires some of the carefree, live-for-the-moment nature of hedonia alongside the sense of meaning and transcendence offered by eudaimonia.

*“ Do whatever brings you to life ...
Follow your own fascinations,
obsessions, and compulsions.
Trust them.
Create whatever causes a revolution
in your heart.*

ELIZABETH GILBERT

Let's explore how you balance **eudaimonia**, **hedonia**, and the space in between.



What is something you are currently working toward that poses challenges, but you continue to work on because of how meaningful it is for you?

- **In what moments do you feel the most carefree?**
- **Who brings out the live-for-the-moment side of you?**



ANSWER THIS PROMPT IN REFLECTION.APP

30-Day Challenge

When do you feel most alive?

It can be difficult not only to identify our passions, but also to figure out how to prioritize them. How do we make time for the things that make us happy but don't feel as urgent as other responsibilities? How do we decide if and when to go all-in and pursue our passions full-time?

When we take time to reflect on the moments of each day — which ones made us feel most connected and engaged, which made us feel frustrated, bored, or challenged — we get a little closer to knowing ourselves and what makes us feel most fulfilled.

At the end of each day, take a moment to complete this sentence:



Today, I felt most *alive* when...

- **At the end of thirty days, read all your responses and reflect. What trends or patterns do you notice? What might this tell you about your passions?**

TIP: RECORD REGULARLY TO REFLECT

Spending just a few minutes completing this sentence (record it in Reflection.app!) every day will help you identify your passions and move toward prioritizing them. The moment for reflection is the important part.

Reflect & Discuss

Use these questions for self-reflection or to spark meaningful conversations.

ICEBREAKERS

If you could learn any new skill, what would it be?

What is one thing on your bucket list?

What do you want to get better at?

DEEPER QUESTIONS

When do you feel most alive?

*What would you do
or try to do if you knew
you couldn't fail?*

What social issues fire you up?

*Are our passions part of our
identities? Are our passions
who we are?*

“ *Don't ask yourself
what the world needs.
Ask yourself what makes
you come alive and then
go do that. Because what
the world needs is people
who have come alive.*

HOWARD THURMAN

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For further reading and curated resources visit: holstee.com/passion