

Discover
YOUR
Passion
in 5 Days
or **LESS**

Introduction

Before we get started, I want to thank you for taking the time to dive into and read the Discover Your Passion in 5 Days or Less eCourse. I really appreciate it.

In this course, you will find very simple techniques to discover your true passion. I use these techniques myself, or I wouldn't be sharing them with you here.

Most people yearn to discover and go after their passion, but they never even take the first step. I'm thrilled to be with you on this ride, and if you're determined, at the end of this course, you will know what your passion is, and how to start going after it.

Even though this course is divided into different days, you can work through it in one fell swoop. However, I recommend you take time off after each day and ponder what you've learned.

Let it sink in.

If you're anything like me, you will dive in and go through it all, right now. That's completely okay. Do what your heart tells you.

There's nothing stopping you from living the life of your dreams except you. If you want to finally unleash your true potential, there's no better time than now.

You have something to offer the world.

You have a purpose.

And you are good enough.

Let's begin.

Day One:

How to Overcome the Big 4: Your Common Fears Exposed



While this day is not intended to solve your problems, it is intended to shine a light on them, so you are aware of what is going on and what your blocks may be.

While this part of the course is not intended to solve all of your problems, it is designed to uncover the causes of your resistance.

The more aware you are of the obstacles in your life, the better equipped you will be to take action.

It's easy to push away your fears, but you and I both know that isn't a long-term solution.

In fact, it tends to have a rubber-band effect. The harder you push, the harder it will snap back at you, like a snake going for the kill.

The solution then is to be aware of your fears, problems, and obstacles.

Let them be where they are, and learn from them, because they are there to tell you something. They are there to help you grow stronger, better, and wiser.

4 Amazing Benefits of Finding Your Passion

We all want to be fulfilled, content, and feel like we're contributing to the world.

By finding your passion, you are not only helping yourself, but others as well by sharing your gift with the world. There are thousands of people out there waiting for you to share what your story and experiences.

A lot of questions (and excuses) may pop up at this point. You may feel like you don't know what your passion is, or that you don't have anything to share, but set those thoughts aside for now.

We'll cover them soon enough. For now, focus on discovering your passion.

In the end, it's up to you to make this work. You have to ask yourself: **Do you want to go back to living your life and wondering if you could have followed your passion OR do you want to realize your true potential** and live your life to the fullest?

I'm going to assume you're like me and like the sound of the latter.

The 4 Common Fears Exposed

I'm not going to lie. This journey can be challenging, but it is also full of treasures and rewards. At least that has been my personal experience.

Nothing happens by itself. You are responsible for how you feel. You choose your reality.

Our planet isn't feeling well right now, which is why we need to step up to the plate and start changing the world by changing ourselves for the better.

It's not up to you to change the world. It's up to you to change yourself. If you follow your passion, and do what you love, you will have an impact on other people, and on this planet.

With all that said, there are a few common fears you may bump into. Being aware of what they are will help you deal with them.

1. Fear of the Unknown

We all want security.

We all want guarantees.

Will it all work out if you go after your passion?

Will you be able to make a living and not end up homeless pushing a shopping cart?

Fear of the unknown is one of the biggest obstacles you will face. It is one of the main reasons why most people stay stuck in safe lives they hate.

There are no guarantees in life. Your mind is not made to know how things will happen. Once you accept the unpredictability of life, and the fact that you have no control over it, you will experience peace.

Life is an adventure meant to be explored. The mystery of life is what makes it interesting. Imagine if you had absolute security. You knew everything that was going to happen.

You might enjoy it for a few weeks, but then what?

Boredom.

It would be like playing a video game on god-mode. It's fun for a while, but you quickly grow sick of it, because there are no challenges. There are no opportunities for growth.

Running into challenges and problems in life is all part of the game we play here on planet Earth. We all create our own small universes inside our head.

An example of this from my own life is a small car accident I was involved in a few years ago as I was living in Spain.

It was dark and raining in the country side of southern Spain. My brother was driving, his friend in the passenger seat, my friend and I in the backseat.

We were cruising along a newly built road taking us to the highway. There were no lights, but as we kept going we heard three quick bumps, then another three, then two, and then we saw the roundabout.

The car crashed into the empty roundabout at 50 miles per hour. It hit the hard gravel, my brother broke his nose, I had a sore back for weeks, and my friend hurt his thumb.

The person in the passenger seat was fine. We were all shaken, but okay.

I personally found this experience fascinating and exciting, as I had never experienced anything like it. My friend on the other hand was much more shaken.

So when I say that we create our own little worlds inside our minds, I am talking about the way we interpret events.

I was fascinated, happy even, while my friend was in an entirely different world.

How scary the unknown is depends on how you approach life. Fear of the unknown is just a signal from your body and mind telling you "Hey, you're doing something new, pay attention."

2. Fear of Failure

What if you "pick" the wrong passion? What if you spend all this time for nothing? You just aren't up for this. You'll never reach your dreams and live a happy life, or will you?

We all have plenty of doubts, but do we ever doubt our doubts?

Our mind is not the authority on life. Its job is to worry, and it seldom works out well.

We fear the worst, which manifests as the fear of failure. We imagine the worst possible scenario and it leaves us paralyzed.

I'm pretty good at worrying, but I've discovered that by allowing the fear to be helps tremendously. It seems counter-intuitive, but when you stop resisting what is, you will feel relief.

Ever since you were born you have been told not to try. You've been programmed by your parents, friends, T.V and society in general. Everyone keeps telling you that you're not supposed to *follow your passion*. You're supposed to get a job and be happy with what you've got.

There's nothing wrong with loving the present moment, but if you are where you are because of fear and negative beliefs, it certainly doesn't feel good, does it?

When I started the [Wake Up Cloud](#), I was afraid of failure. I had no idea what I was doing. I knew I wanted to follow my passion, and giving up wasn't an option.

When I started taking action despite my confusion, the pieces of the puzzles started falling in place. It's funny how the universe conspires to help you when you are determined to succeed.

I'm not saying things will magically fall into place. You have to work hard.

When you eliminate the option of giving up, something interesting happens. People see that you're committed and they want to help.

If you never fail, you never learn. By redefining failure not as something that hurts you, but as something that you can learn from, you can dramatically reduce or even eliminate the fear-factor.

There will always be challenges in your life.

They can always be overcome.

And you will always grow because of them.

3. Loss of Security

Loss of security is one of my biggest fears, and I have a hunch it's pretty high up on your list, too. Not having money and not being able to support yourself and those around you is horrifying.

This goes hand in hand with fear of the unknown. Working at a job you hate might not feel so bad when it pays the bills.

This security is ultimately an illusion. Do you want to live a life of security or do you want to live a life that fulfills you and helps others? That is the question you ultimately have you ask yourself.

The way I accept this fear is by taking small steps. When the fear arises, I say "Okay fear, I see you and I hear what you're saying, but it's time to try something new."

The human brain is smart, but it can get you in trouble. It's good at generalizing, so if you got hurt by a cat at the age of 7, you may think all cats are bad and to be avoided. You see how this works?

If you're currently stuck in a job you can't stand, you can **start taking small steps towards building a business around your passion**. You don't have to quit your job. In fact, I'd recommend you stay at your job as long as possible while building up a profitable business.

There's no need to do anything radical. You don't have to try and make everything happen overnight.

Be practical, take it easy, and enjoy the process.

This may feel overwhelming right now, but give it time. Know that you're in the right direction.

4. Fear of What Others Think

Fear of what others think also lives by another name: fear of rejection. **What will your friends say? How will your family react? Will the people you love support you?**

When I started [playing online poker](#) at the age of 18, I faced a lot of doubt from friends and family. I knew what I was doing. I started small to minimize the risk while I learned. After a while I had built up a significant amount of money, at which point people's doubts vanished.

Sometimes you have to go at it alone just to show others that it's possible to go after your dreams. You see, most people have the same limiting beliefs that you and I once had. It's up to us to lead and show that there are other options available.

When you've started gaining momentum, you'll start to hear that you're lucky, or talented. People say this to avoid taking responsibility for their own lives.

The reason you often face resistance when doing something new is because it's uncomfortable for others.

It's the fear of the unknown kicking in. If you succeed at making your passion a reality, that means they have to get started too. Most people don't like that.

[Friends come and go](#), especially if you decide to follow your purpose in life. Don't worry, you will attract new people that are a better match for you.

Look at it like this, if people don't like you for who you truly are, why would you want to be friends with them? It works as a filter.

Day Two: How to Find Your Passion in 10 Minutes or Less



For a long time I was confused about how to find my passion, so I did nothing. I went on living life with that sense that something was missing.

Finding your passion is not a huge undertaking. It's a process like everything else.

Some people have a-ha moments, but most don't. I know I didn't.

I discovered my passion by beginning to narrow down my interests and by taking action.

And that is exactly what I'm going to show you how to do in this part of the course.

If you really want to live your life to the fullest, you have to trust yourself and your inner

guidance.

To get started, I'm going to show you how you can find your passion. All you need is pen, paper, and an open mind.

Before we start using the pen, here are a few questions I want you to ask yourself:

- What makes you lose track of time?
- What would you do for free?
- What do you do in your spare time?
- What would you do if you couldn't fail?
- What would you do if you already had an unlimited amount of money?

Many of [my coaching](#) clients get stuck on money. They think they have to go after money first, but money is just the middle-man to what you truly want.

When you do what you love, you get good at it, and money naturally follows.

For example, I am *extremely* passionate about helping people unleash their true potential and increase their freedom.

It wasn't until I had the courage to go after my passion that things started changing. Sometimes it takes a few years to gather up enough courage to go for it. Let it happen when it feels right.

How to Find Your Passion with the Elimination Method

I'm going to show you a simple method I use when I have trouble deciding between multiple choices.

Its effectiveness lies in its simplicity.

Here's how it works: you brainstorm a list of topics and then start comparing them to each other until you only have one left.

To show you how it works, here's a quick example, and just to keep it simple, let's pick three things:

- Gardening
- Cats
- Tea

Take one – it doesn't matter which one – and start comparing it to the others, one by one.

For example, let's say you pick gardening, you then compare it to cats and you find that you are more passionate about cats.

At this point you can discard gardening and start using cats (because gardening lost vs. cats). Your list then looks something like this:

- Cats
- Tea
- **Gardening**

Next you compare cats to tea and find that you are more passionate about cats (again). And voilá, you've just found your passion and a good starting point.

Most people will at this point still feel a lot of resistance and fear. That's normal.

Things don't have to be perfect. The stars will not align. Circumstances will never be perfect, so the best way to get to where you want to be is to start, right now.

Write down all of the subjects you're interested in and run through this process and see what comes out on top. Remember, keep it fun and playful. Getting too serious will block your creative juices.

The 'What If' Syndrome (And How to Beat It)

What if you pick the wrong passion?

What if things don't work out?

These are fears we all have. It doesn't matter if you make or don't make the absolute perfect choice for you.

Why? Because you learn as much from picking the "wrong" thing as you do from picking the right one. Sometimes you have two or three things that excite you and they're all equally exciting.

In that case, go ahead and pick one that is the easiest for you to take action on right now. If they all are equally easy, then just pick one, because it doesn't really matter. If it wasn't right, you'll realize it and your excitement will fade. At that time all you have to do is go to the next thing that excites you.

This may seem like a lot of going back and forth, but it works. This is the method I used to find my passion. Taking massive action will help you find your passion fast. Pick something, try it out, and see how it feels.

Most people get stuck in trying to make the perfect decision and end up never getting started. Don't let that be you.

Remember, you do not have to give up everything to follow your passion. Take small steps, and move forward one day at a time.

Look at it as a game. This is supposed to be fun. You don't have to stick to the decision you make today. Nothing in life is rigid, except our perception of it.

The Ultimate Lie About Following Your Passion

This all sounds great, but how are you supposed to make a living following your passion?

Isn't that the question in the back of your mind?

We've been told all our lives to go to school, get a job that pays well, and be satisfied. Making a living going after what we love just isn't possible.

Or is it?

I am living proof of the fact that you can make a living following your passion. It isn't a walk in the park, but it can be done, and it is worth it.

I'm not saying that you will automatically roll in gold coins if you start writing about Chinese tea cups. Your passion may need an angle to make it profitable, but there are always ways to make money doing what you love.

Look at people that are already doing what you want to be doing. Observe how they are making money, what they write about, and even shoot them an email. You'd be surprised at how helpful most people are.

There are always opportunities if you're ready to work hard. For example, you could:

- Sell your own products
- Sell someone else's products
- Sell advertising
- Freelance
- Coach
- Consult

If you want a more detailed view of how you can make money following your passion, I've written an article on the topic. You can [read it here](#).

Keep brainstorming and thinking about your passion. Remember, you probably have many passions, so don't worry about missing out on the rest if you pick one.

If you don't pick one and get started, you will miss out on all of them.

You can always switch in the future, but nothing happens until you make a decision and start taking action.

Day Three: How to Make Your Wildest Dreams Come True



It's easy to read, but nothing happens until you start taking action.

Once you've found your passion, or at least something you're interested in, your assignment is to take one step forward.

This may feel scary. It certainly was for me when I first dipped my toes in the water.

Instead of focusing on the negative, focus on what you want.

What does your ideal life look like?

What step would you take if there was nothing to stop you?

Positive visualization brings up feelings of happiness, joy, fulfillment, and love.

Positive feelings will help you gather momentum, even if you feel a twinge of fear here and there.

To start moving forward, think about what action you can take today.

When I started wondering how I could put my own plan into action, I instantly knew a few steps I could take. I didn't hesitate, I took action.

One of my secrets has always been finding a mentor to help me out in the beginning stages. I used it to become a successful poker player, to build profitable websites, and to build a successful blog.

I look for someone who is doing what I want to do. I shoot them a brief email about my goals alongside with a few questions.

Not all people will be open, or have time to help you. Don't take it as a sign to stop. Keep going until you find someone that can help you.

Never give up. These are your dreams after all.

When the Student is Ready ...

Getting in touch with someone who already knows how things work will speed up your progress tremendously.

Finding a mentor that can help you is not always easy, because most people are busy and they do not want to help you unless you've shown that you're serious.

If you want to find someone that can help you, you have to start taking action towards your goal. The most important step is getting people to know you exist.

My favorite way to do this is via blogging. There are many other channels, such as podcasting, making videos, and so on. Pick one that suits your personality.

A mentor does not have to be someone famous; they just need to be one step ahead of you.

If you were into gardening, I'd recommend you to search for forums and online communities that talk about gardening.

Look for blogs and websites where people are already selling gardening related products, courses, and consulting. Get in touch with the successful ones and ask them if they can help. If they can't, ask them if they can recommend someone.

But remember, you should take as much action as you can before you ask. If you haven't done anything, people will see the lack of effort, which will put them off.

How to Leverage the Internet to Get What You Want

If you can't find a mentor, don't worry, there are plenty of other options out there.

Staying with gardening . . . there are thousands of courses, books, and eBooks available. Another cheap way to get your feet wet is to join a forum, as I mentioned above.

Forums are filled with people just like you, so you have to learn the ropes and figure out who really knows their stuff. Get active in the forum, show that you're serious and befriend them.

These are all just examples of what you can do. There are no rules you have to follow. Step out of the box for a second and get creative.

When you do this you'll see that there is an amazing amount of opportunities waiting for you. Things do not have to be done in a conventional way.

If you feel like you're being drawn in a particular direction, trust your inner guidance and go with it. Once you start following your excitement, you won't be able to stop.

Life is an adventure that should be lived to its fullest. You might not be able to do this yet and I know I certainly can't, but taking steps in the right direction is what really counts.

How I Achieved Success (And How You Can Too)

When I first started learning poker back in 2004, I started by reading books and hanging out in online forums.

After I practiced on my own for a while and had a few hundred posts on the forum, I started sending personal messages to my favorite forum posters and asking if they wanted to chat on Skype or instant messenger.

I was scared at first, because I thought everyone would turn me down, but the large majority said yes and we then proceeded to talk poker strategy and progress through the ranks together.

I even ended up coaching others after a few years. There's nothing we can't do if we're persistent.

Fast forward a few years . . .

When I started my blog, [Wake Up Cloud](#), I had a hard time finding people to connect with, because everyone seemed to be so busy and successful. This never happened in the poker world, so I had to find something else.

When I had my passion clear and knew what I wanted, I started looking for someone who could teach me how to become a blogging superstar.

This is when I joined a blogging training program, so I could avoid the most common mistakes, and get right into taking the steps that would produce results.

It did cost me money, but I saw it more as an investment, rather than an expense. When you only have one source of information, it eliminates confusion and doubt, which makes it easier to take massive action.

Day Four:

How to Know You're On The Right Track



Synchronicity

When you're following your passion you'll [start to experience synchronicity](#).

Coincidences will start to happen more and more often.

And these coincidences are not a coincidence 😊

When you follow your passion, the universe will conspire to help you. There's a catch: you have to be serious and committed to take action.

A good example is when I started the Wake Up Cloud, I had been procrastinating for a long time because I didn't know what to do.

Once I started taking action, even without having a perfect plan, things started falling into place.

I started getting emails that guided me in the right direction, and I found websites that had exactly the information I needed.

We all experience synchronicity and coincidences in our lives. However, most people don't notice them, so they believe they don't have them.

If that's you, don't worry. As long as you're feeling great following what you think is your passion, you're on the right track.

Tapping into the Powerful Flow of Life

As you start living your life more in line with your true purpose, you'll notice that everything just seems to flow effortlessly and things fall into place.

This may sound like woo-woo stuff, but it is what I have experienced over and over again in my own life. When I first read about synchronicity, I was a non-believer, but when I started seeing it in my own life, well ... things changed.

When you follow your heart, everything flows, and synchronicity happens. The timing is right, you are where you need to be, and you know what you need to know.

I'm not saying your life will be free from problems, because it won't. Our problems, fears, and worries are there for a reason.

They are there to nudge in the right direction. They are there to help us grow. It isn't pleasant, but you can't argue with the fact that it works.

The Truth About Inspiration

Many complain about a lack of inspiration.

The truth is that inspiration comes when you start taking action, because what would be the point of getting information (inspiration) if you weren't going to use it anyway?

It might as well go to someone else, right?

Even if you're confused right now, it doesn't matter. Start taking action and do your best. You may fail and stumble at first.

That's okay.

We are all here to share something. By finding your passion and following it, there's no doubt that you are on the right path.

You will get inspired when you need to. If you find yourself in a slump, it's there for a reason. Ask yourself why, and again, do your best, because that is all you can do.

How to Use Your Feelings to Guide You on Your Path

Your feelings are your friends when it comes to confirming that you're on the right path.

Most of the time, you will feel great when heading in the right direction, and bad when you're heading in the wrong direction.

There are exceptions however. You may run into negative beliefs, fears, and worries that may block you.

This is exactly why it's not always easy to follow your passion. You will be challenged, and it will be confusing at times, but it will ultimately lead to [the life of your dreams](#).

Your feelings are signposts, always showing you what needs your attention right now. If you're feeling fear, then dive into it, and explore it, instead of running away from it.

When you're on the right path, you will experience an underlying sense of rightness. It will feel good to keep moving forward, even though you may experience fear here and there.

What You Should Know About Anxiety And Excitement

Making a distinction between anxiety and excitement can be hard, because it's essentially the same feeling. The difference lies in how you interpret it.

There are a lot of *shoulds* in our lives today, which can make you feel like you *should* go in a direction you really do not want to.

Many people choose the secure and safe path set by their peers and parents out of fear and complacency. For some this may be what their passion and excitement guides them to. For others it is a soul killing trap.

By following your passion, you will be guided where you need to go. You do not have to know everything that will happen, you only have to trust that you will be where you need to be, when you need to be there.

When embrace this mindset, you'll see that it takes you places you could have never imagined. Your dreams can come true and you can be happy. Do not let anyone tell you otherwise.

There will always be challenges, but they are there to keep the tire kickers out. They are there to see if you're really serious about following your passion.

Day Five:

The 15 Final Steps to Your Passion



We've covered a lot of ground and it's time to wrap everything up in a nice little ball that you can handle. None of this really matters if you don't apply it.

If all this seems confusing, don't worry, it can take a few days to melt in, but it can also happen instantly and resolve itself right now, you just never know what will happen.

I'm sure you have a lot of questions. I had my own set of doubts when I got serious about following my passion. You can set those aside for now, they'll still be there later on waiting for you, if you really need them.

The important thing right now is to get all of this information into practical steps that you can follow and apply. I do not want this to be another one of those guides that is a pleasant read, but ultimately does nothing.

You also have to take responsibility for making this work. Making things work is not about talent or getting lucky, it's about working hard and being persistent.

I want to help you break free from the shackles around your ankles and show you the door to passion land. However, I can only show you the door. You're the one that has to walk through it (sneaky way to get in a quote from The Matrix there).

With all that said, get a pen and piece of paper and let's jump right into it...

Fears

1. Write down your biggest fears and how you think or feel that they are stopping you. By being aware of the patterns you can acknowledge them, but you do not have to be a slave to them.

2. Being afraid is normal, everyone is afraid, it's okay. There is no such thing as fearless. There are just different methods of dealing with your fear. I am afraid all the time, but I keep my focus on my purpose.

3. The fear is always there to tell you something, nudging you to be careful or taking a step back and looking at something from a different perspective. Fear does not have to control you. Use it as feedback and learn from it.

Identify Your Passion

4. Create a list of things that you're passionate about or like doing. Don't censor yourself, just go crazy and let everything come out. The best way would be to use an audio recorder. Then you can be completely spontaneous.

5. Use the elimination method to determine what you are most passionate about at this very moment. It's simple, yet powerful. Utilize it ruthlessly until you find something that you're even remotely passionate about. Remember, it's your responsibility to create the life you want!

6. Do this now. All of this is of no use unless you take action and actually find your passion. It doesn't matter if you're not sure, just pick something and start doing, that is the only way, unless you want to keep living the way you are now.

Investigate

7. Start exploring. If you're stuck with more than one passion that you really like, just pick one and try it out. It's like test driving a car or trying on new clothes. You can't know how it feels until you drive the car or put on the clothes.

8. Relax. Remember, the steps do not have to be big and you do not have to do anything hasty. Go at a pace that feels good to you. As long as you're making progress, you're doing fine.

9. Join the community. Once you've picked your passion, join a forum and find some blogs. Start interacting and connecting. See how it feels. Start thinking about how you can contribute to the community in your own way.

Listen

10. Listen to your feelings. When you're posting your thoughts in the forum and leaving comments, see how it feels to share and talk with others that are interested in the same thing. Do you feel good?

11. Interpret. If you feel any fear or apprehension, it's okay. If this is your passion, just keep going. I was scared a lot in the beginning of starting my blog, but I kept going and I am glad I did.

12. Get your hands dirty. Get out there and start doing stuff. It's okay to fail and make mistakes, that's how you grow. Get your baby-mode on and just try new stuff. See what happens and let go of any expectations.

Relax and Enjoy

13. Enjoy. This is a fun process so don't take it too seriously. When we start taking things seriously they become boring, frustrating and aggravating. Look at young children. They don't take anything seriously, because being serious isn't fun.

14. Play with your thoughts. This is what it is all about. Allow yourself to follow your feelings and see where they take you. Life can be tough or life can be fun, you are the one in the driver's seat.

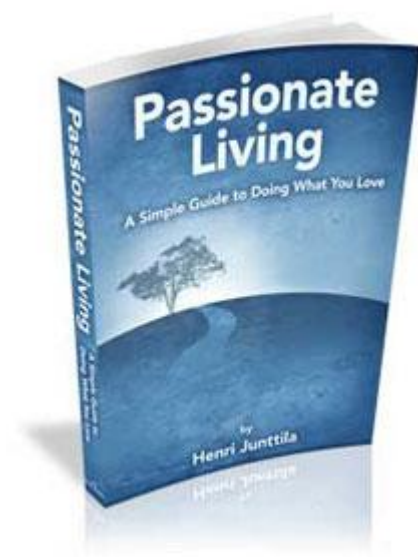
15. Release control. There is no need to control everything that happens or to know what will happen. Doing this will only put a strain on your mind and probably cause unnecessary hardship.

Now What?

Start putting everything into action. I am not going to lie. If you want to follow your passion and make it work, it takes persistence and dedication.

But the good thing is that when you're following your passion you'll love every step you take, even if it is tough. This is what life is about.

It's doing what you truly love and following your heart. [Stop making excuses](#) and think about the first step you can take right now to get closer to your dream life.



Making Your Passion a Reality

If you want to take this to the next level, I've created a course called [Passionate Living](#). It came from feedback from my readers.

In it I took the most common obstacles people had, pulled them apart, and showed how they could be overcome (it's much easier than you think).

If you're interested in finally living the life you've always wanted to live, *Passionate Living* is a great place to start.

I know I'm biased, since it's my course, but people who've bought it tell me it's good, so it may be worth your time.

I'm not going to go into more detail here, so if you're interested, you can [check out *Passionate Living*](#) and see if it resonates with you.



That's all I have for you right now. For more articles, interviews and life-changing material, visit my blog, the [Wake Up Cloud](http://www.wakeupcloud.com/).

Keep rocking,
Henri Junttila
<http://www.wakeupcloud.com/>