

THE WORLD IS YOUR OYSTER

What do you love to do and why do you love to do it?

I want you to track through your life to find your passions and why you have them. The point of this exercise is to show you that nothing about you is irrelevant. You are unique, and it is time to pay attention to all aspects of your uniqueness.

Step 1

Divide your life into three periods: childhood, teenage years and adulthood. Take a pad of paper/computer and write or type everything you have ever loved doing whether it's playing with your cat, going on picnics or collecting stamps. Put each activity at the top of a new page. Do this for each phase of your life. Go for at least three activities for each phase – the more the better.

Step 2

Choose one activity from each period. This activity should still inspire you in some way. Following the example below, write the name of your first chosen activity in the first box of the blank template at the end of this document. In the box below, **What I loved most**, write what you loved most about the activity listed at the top of the page. So if your preferred activity was ***camping in the countryside*** you might write:

freedom, having fun with others in the outdoors

Step 3

Themes. Now pull out some themes from what you loved about doing the activity and write them in the third box. So following our example of camping, our themes might be:

*seeing new places
meeting new people*

Step 4

Take it to the limit. Now let your imagination go wild. Imagine that you have focused your life to date on doing what you loved and you made a fabulous career out of this activity. You are at the top of your profession. So with our example of camping/freedom/need to be independent, we imagine that we have turned this into a profession which allowed us to be free and independent and highly successful.

So in the next box **My fabulous career** let your imagination soar. Have fun and jot down your thoughts. In our example of camping we might write:

*World wide adventure group leader
Regularly exploring different countries
Guiding others to remote parts*

Step 5

Now I want you to write in the next box **Five Years Later**. Carry your fabulous career fantasy five years into the future and describe where success has taken you. In our camper example, we might write:

*Work for top adventure travel company
Speak several languages
Write an adventure travel guide*

Step 6

Further Five Years later. Imagine you are highly successful at what you do. The world is your oyster. Do you want to continue what you are doing or transform it into something else? Write your ideas in the next box. Our camper/adventure travel guide may take her career in a new direction. Perhaps she writes now:

*Own my own adventure travel company with offices in London and Nepal
Have set up an exciting adventure travel portal website, connecting with lots of
people worldwide and linking to an environmental organisation
Employ 20 people*

Step 7

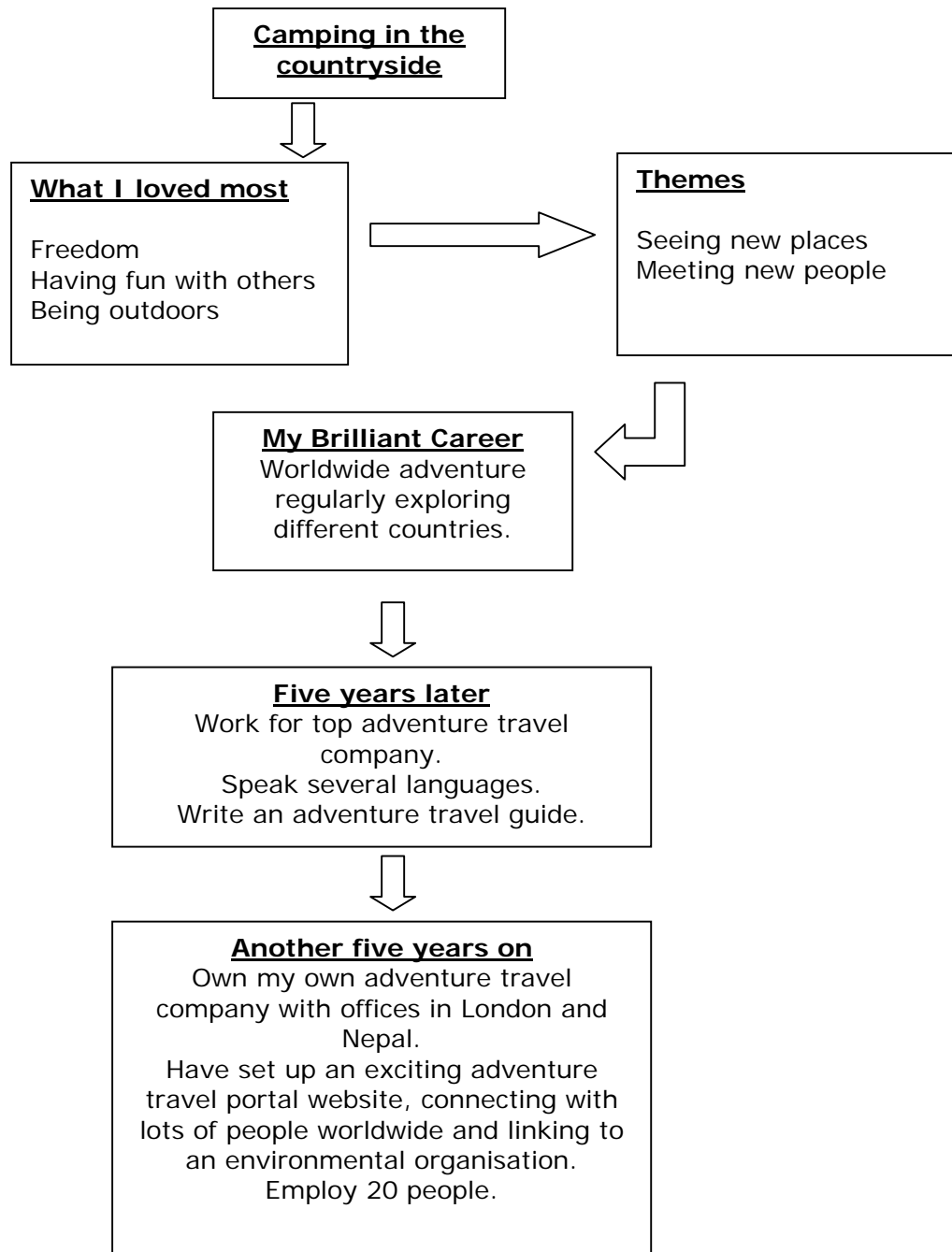
Repeat the process for the other two activities.

Step 8

Book your complimentary session and we'll discuss the results and help you gain clarity and translate what you've discovered into actions. Email sanela@rtacoaching.com or phone 020 8340 5181.

EXAMPLE

The World is Your Oyster
Interest: Camping in the countryside



Acknowledgement

This exercise is based on one from **Live the Life You Love** by Barbara Sher.

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(Please complete the spaces below)

