

EAP

EMPLOYEE ASSISTANCE AND WORKLIFE

# SOLUTIONS

DO WHAT  
YOU LOVE  
LOVE WHAT  
YOU DO

It's a common misconception that living life to it's fullest may require overhauling your personal life or making a drastic change to your career.

HEALTHY EATING *Walking* *Hiking*

**RUNNING** ACTING *Swimming* SPORTS

YOGA  **DANCING** READING

**LEARNING** COACHING *teaching* DESIGNING VOLUNTEERING

WRITING  SPEAKING

CRAFTING Knitting **BUILDING** *Singing*

Playing an instrument **DANCING** *comedy*



**PHOTOGRAPHY** PROGRAMMING *Cooking*

GARDENING ANIMALS **NATURE**

TRAVEL **SPIRITUALITY** PARENTING



In reality, it's more about feeling more satisfied each day, which can be as simple as incorporating more of what makes you happy and excites you, and weeding out or altering some of what doesn't. Here are some simple tactics to help you discover your passions and start doing more of what makes you happy.



## INTERVIEW YOURSELF

To help identify what you love or feel passionate about, ask your present, past, and future self some questions. Here are a few to get you started:

### IMAGINE YOURSELF *BETWEEN SEVEN AND 14 YEARS OLD:*

What were my hobbies?

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What did I love doing?

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What did I love reading about?

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What were my favorite subjects in school?

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What was I good at?

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## THINKING ABOUT YOUR CURRENT SELF:

How do I spend my free time?

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What would make me jump out of bed every morning?

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When do I forget to check my phone?

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What do I wish I had more time to do

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What do I spend time reading about/researching?

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What am I good at?

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HEALTHY EATING   *Walking*   *Hiking*   **RUNNING**   ACTING   *Swimming*  
SPORTS   YOGA   **DANCING**   READING   **LEARNING**   COACHING   *teaching*

## IMAGINE YOURSELF AT 90 YEARS OLD:

What is my biggest regret?

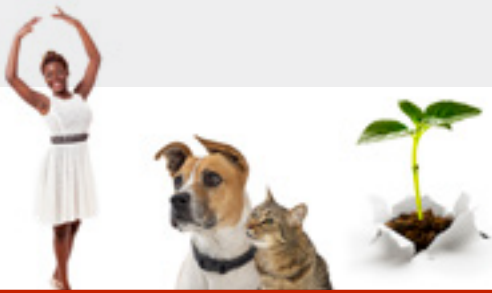
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What should I have spent less/more time doing?

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What would I have liked to experience/achieve?

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*It's more about feeling more satisfied each day, which can be as simple as incorporating more of what makes you happy and excites you.*

Once you've filled in your answers, **look for any patterns or pinpoint which ones jump out at you most**, then decide how you'll add more of a particular activity to your daily life. For example, if you loved playing chef as a child and still like to bake or cook in your free time, perhaps your passion lies in the kitchen. Your outlet could be in signing up for cooking classes or volunteering to feed the hungry.

*Singing* Playing an instrument **DANCING** *comedy* **PHOTOGRAPHY** **PROGRAMMING**  
*Cooking* **GARDENING** **ANIMALS** **NATURE** **TRAVEL** **SPIRITUALITY** **PARENTING**

## SEEKING SATISFACTION THROUGH YOUR STRENGTHS

Sometimes our passions align with what we're skilled at. Even if this isn't the case for you, it still feels good to be proficient at something. Look for ways to use your strengths to gain everyday wins at work or at home doing things that don't otherwise excite you. For example, you might not love putting together a presentation, but you do have a knack for designing PowerPoint slides. Take advantage of the opportunity to get creative and produce an elevated presentation you can be proud of.

### Partake in at least one passion each day

If you're like most people, there's probably more than one thing that excites you. Make time for all of them by setting aside time each day to do at least one of the things you love. Whether it's an afternoon of writing, an hour of working on a painting, or 20 minutes talking to a local shop owner, be intentional about inviting more fulfillment into your life.

**24**  
HOURS  
A DAY

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