

FREE GUIDE FOR SELF
DEVELOPMENT

*From the perspective of someone
who has been lost and found their path*

KUDOS

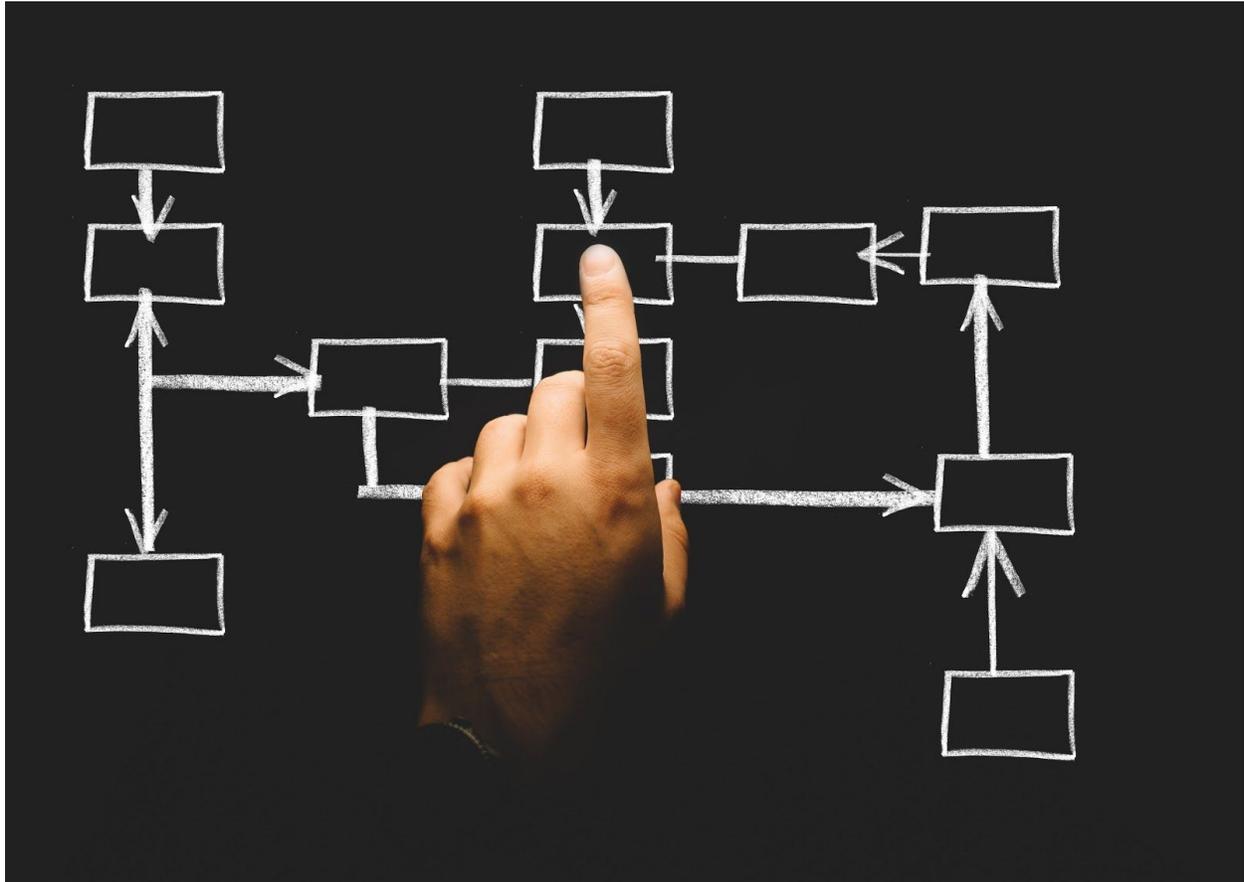
A guide to figuring out your passion
and purpose in life and how to build
the resilience to get it.

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Finding your path & passion

K.U.D.O.S Programme

With Alex Hanley of Cinneadh Coaching



Introduction

First off, thanks for downloading this free pdf and for taking the first step in figuring out what it is that you're meant to do.

This guide is intended for men who are a little bit lost and trying to figure out what their purpose or their passion is. In 2018, it seems like there is so much opportunity out there and so many different things to do; but we often find ourselves stuck in an office job that we hate, or working a trade we didn't want to do, or even just a job that we've fallen out of love with.

So where do we go from here? How do we figure out what it is that we want to do with our lives?

What is your LEGACY going to be?

Step One - Knowing yourself

It seems like growing up in the Western World, we are almost poured into a mold. Go to school, be nice, have manners, and go into a mundane career that doesn't fulfil you.

Is that just me or does it feel like there isn't really much support put into developing people to understand their skills and their interests and really encourage and build on that? Now don't get me wrong, all that other good stuff is great, and important, and there absolutely is people out there that are living their dreams and broke from the mold; but how did they do that?

In a lot of cases, these are people who know who they are and what is important to them. They know what makes them tick; what works for them, and what doesn't. This is why values are so important. What's more important though, is knowing what your values are, and then living them!

Because values are a bit of a nebulous concept, it's easier to try to see it as "What is important to me, and why?"

Is honesty a big deal for you? Is trust? What about humour?

What specific traits can you put your finger on that genuinely are things that are important to you? Why are they important? Try thinking of 5 really important values to you and write them down; then ask yourself if there are any more you can think of?

Don't worry, I'll wait...

So did anything unexpected come up?

And it's okay to not find the nice, shiny values important like honesty or punctuality. Values can also be important in ways you may not think. I for one appreciate honesty; in the normal sense of course, but also in the way that I have no problem if people are assholes, once they're honest about that!

The other thing about values is that they can change over time, depending on life stage, relationship status, career etc. It's a good exercise to regularly check in with your values and see if they still apply or if stuff can be added or removed.

Once you know what's important to you and have a better sense of what makes you who you are, you can start to look at Step Two...

Step Two - Understand your skills

One thing to realise is that just because you enjoy doing something in your spare time, doesn't necessarily mean you can make a career out of it. It doesn't mean that you can't either!

So, three important questions to ask yourself;

- 1) What are you good at?
- 2) What do others say you're good at?
- 3) What's holding you back?

These questions should be based on reality. What do you really know to be true? What can you genuinely say that you are good at? Or, what do other people say to you often? Do people tell you you're a great listener, or are you complimented on your attention to detail or leadership qualities?

The funny thing to realise about people though, is that a lot of people won't come out directly and acknowledge another person's skills. A lot of people are awkward that way. So, what do others often come to you to discuss or look for help with?

As far as what's holding you back goes, I think a lot of the time, we have interests or hobbies that we think won't be any use or people will think that they are silly. But, this is one of those times when you need to decide which is more important to you; do you pursue the thing that you enjoy and are good at, and have to deal with the potentially uncomfortable consequences? Or, do you care more about how others perceive you and you want to maintain the status quo?

A lot of people opt for the latter of those options, and never pursue their dreams. Do you know who doesn't? Really fulfilled people.

Ultimately, you need to surround yourself with people who support, encourage and build you up, not people who criticise and hold you back. If it's a case that you're not happy with your situation, you need to change it. You are the agent of change, and sometimes that means changing the people around you. The ones who are truly important and add value to you, will stick around. It may be difficult and awkward at first but if you are truly committed to building and creating change, you will find that you will encounter more like-minded people and that makes things all the more easy to keep going.

Once you have a deeper understanding of who you are and what makes you happy and piques your interest, the next step is to...

Step Three - Decide your path

Figuring those questions above out will give you a pretty good head start on what kind of career or role you'd be most happy with.

Do you really enjoy helping people? Do you really enjoy sports? Maybe you'd make a great sports coach? Or maybe there's one area of a job you're currently doing that you really enjoy and want to really focus on that being a niche?

There are no right or wrong answers here. People are literally doing every job under the sun out there so if you can think it, you can do it!

Out of the 7 billion people in the world, there's bound to be a customer, an employer or beneficiary to connect in with!

Step Four - Own the Process

Once you have settled on the area you want to focus on, you need to be committed to the change to make it work. That's the thing about personal change, it doesn't happen on it's own. It is a process, and that process takes time; it takes effort and it takes sacrifice.

'Sacrifice' is one of those fancy words that a lot of gurus throw around as if normal people use it everyday! But you know what, it's true. In order for you to change your situation, your situation needs to change. And that means some things will more than likely need to be sacrificed.

Do you want to do a course in something? That takes TIME.

Do you want to invest in new equipment? That takes MONEY.

Do you want to build a professional network? That takes SOCIAL INTERACTION

I think this is one of those difficult aspects of change that kills a lot of dreams in their early stages. I also think that it's a great indicator of how committed you are to your change too. If you're not willing to sacrifice some time that you spend with friends, or binge-watching a new tv show in order to go and do course work or projects; which is really more important to you?

That's not to say that those things are not important, they are to a lot of people. But you cannot have everything all at once.

The World is Yours. Just not all at once.

Everyone will more than likely find some of these changes uncomfortable and difficult, but this is where you need to step up and OWN the decision. You need to remind yourself, or have someone else in place to hold you accountable, and stay focused on why you are making this change; why it is important to you.

You can do this by going back a step and really tie the decision to the knowing yourself piece and why it was important to you in the first place.

The first steps in the process of owning your decision can be the toughest. But, when you stay the course, it gets easier over time when you start to see the positive changes. Even small steps forward, are steps closer to where you want to be.

Step Five - Success

Don't be fooled by this step being at the end of the list! Success comes at all stages during the process, you just need to learn to recognise it.

Success looks different to everyone. It has different levels, different measures and different stages. If you start out on a path of change, success is not necessarily just getting the job you wanted, or getting the degree you studied for. There are tons of little wins along the way too!

A great model to use when assessing anything, especially something that you might consider a failure is the TEFCAS model;

T - Trial - You attempt something

E - Event - A thing happens from the attempt

F - Feedback - Assess what happened. Seek info from others/pros/internet - Did it work?

C - Check - Check the data and remove anything that isn't true or useful

A - Adjust - Try again, but adjust your next attempt using the feedback from the last go

S - Success - There is some level of success achieved! Full or partial, there's something!

The big thing to remember with the above model is that there is ALWAYS some degree of success. No matter how much you think you have failed. If everything goes wrong, you still succeed in knowing that the way you tried is not the way to do it, and you adapt and try something different. Simple!

Sometimes it will happen quickly, and sometimes getting the level of success that you are looking for will take a lot of time and a lot of attempts. But don't give up. Keep on adjusting and keep on trying.

The best analogy I can give you here is babies learning to walk. Do they get it on the first go? Not a hope! They stand; they take a step; they fall on their ass. Do they stop there though? No! They try again. They think, hmm, maybe if I try leaning differently this time, it will work. So they stand; they take a step; maybe it's a little better; they fall on their ass again. But they don't give up. They keep adjusting and they keep trying and eventually it clicks and they walk.

Babies have this incredible resilience and patience for subconsciously using the TEFCAS model and it seems like something we lose as we get older. So why not bring it back and make everything you do, have some recognisable measure of success, no matter how small.

Final Thoughts

Look, I've been there. I've been lost and frustrated and I didn't know what I wanted to do with my life. I get it.

It was only when I sat down and did a proper look into myself and figured out who I was and what was important to me, that I realised what my path was. I realised what I was meant to do.

That has been incredibly fulfilling.

If you can stop and reflect, in a really honest way, about who you are; what you like; what you don't like; what's really important to you and what do you value, you stand a much better chance of living a much happier life.

There are tons of really inspiring people out there doing literally every job or career you can imagine, no matter how niche or 'alternative', so there is always a way.

And if there isn't, why not make one...?

If you would like to do a bit more of an in depth and dynamic dive into any of the above to really boost your success at implementing change, you can contact me at;

alex@cinneadh.com

Or

085 856 4016

I run coaching packages that enable you to firstly get a really clear picture of who you are, and then we work together to figure out that change and put tools and systems in place to support you in the long term.