


ImpactLaunch

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FLIGHT PLAN 1

PASSION, PURPOSE AND PERSPECTIVE

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PASSION MEETS PURPOSE:



“He who has a **why to live for can bear almost any how.”**

— Friedrich Nietzsche

Why is it that sometimes we wake up filled with passion and energy, but the next day, we can't seem to find that same motivation? That in a short time span, the burdens, barriers and challenges we used to face with optimism are now met with an overwhelming sense of defeat. This is not something you post about, talk about, or even to some admission, like to think about. However, we all get into ruts of defeat.

Here are a few thoughts to gauge where you may be in this situation: If the addition of any new task or meeting (regardless of the size, difficulty or requirement) seems like the thing that might send you into complete exhaustion, you have probably arrived at that overwhelming sense of defeat. Or, if you approach new goals or opportunities with hesitancy thinking there is nothing to be gained or success is too far out of reach, maybe you are there. Heck, maybe Impact Launch is something you are super excited about but in all honesty, you're realizing time isn't your friend. Now you feel it to be a burden instead of an opportunity for self-development and growth that will unlock big things for you (which is ultimately the goal of ImpactLaunch).

You have a vision for yourself and the work you do. But lack of time and other resources make that vision seem impossible and overwhelming.

SENSE OF IDENTITY

Maybe routines are getting old and you feel a lack of change, which is creating a sense of uselessness that begs the question, “Why am I still doing this?”

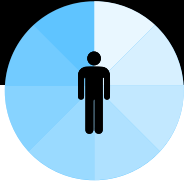
So how do we get back?

We believe at this cross section it's not passion that's hard to find, it's a **sense of identity**. After all, we talk to clients often and it's never hard to hear the passion hiding behind the list of things troubling them. Once they have shared what is holding them back, the passion bursts through and we see a smile return. We have observed that in these conversations they remove the identity of self-defeat and exhaustion, one built around barriers and trials, and suddenly return to the identity built upon the passion that led them to their pursuits. The passion is always there, it is just hiding behind the daily heartaches that come with leading an organization. In these moments, you must remember the identity accompanied/driven by the passion, which will allow you to remain strong in difficult times.



**Remember the identity driven by the passion,
which will allow you to remain strong in
difficult times.**

REMEMBERING YOUR WHY



Okay, we are about to get all “Hallmark Christmas movie,” but it’s vital to remember your “**why**.”

Why you came to where you are today in the first place, and why the work you do matters... Every single action/decision you make (even the small details) have a huge impact. You make a difference that on some days you may feel, but the individuals you serve need you; The future generations of people who will choose to do the same work you do need you. You light the way for those that need your help and also for those who will follow in your footsteps. Come back to the moment it clicked and seemed so easy. Take a moment and go back... Now, we want you to complete these first two activities by yourself. Then go find a friend and walk through the rest.

These activities will challenge you, excite you and cause you to look into your daily tasks from an outside perspective.

Remember a moment that made you happy and filled you with excitement, with Passion...Maybe that moment was when you helped someone who needed food, closed the deal, provided a solution that changed lives.

Or, sometimes it’s easier to remember your “why” not just through your past experiences but by simply asking yourself...When do I TRULY feel alive...The Happiest...The most Passionate...ON FIRE?

ACTION OBJECTIVE



#1. Write down a moment when you have felt the most excited about something you did...Maybe it was at work or elsewhere. What made you feel the emotion you felt during that time?

#2. Write down what makes feel the most alive, passionate, on fire, happy or like you are making an impact.

#1

#2

ASK A FRIEND



Now, go find a person who you trust and who you know to be honest and walk through this with. This could be a friend, co-worker, your spouse, etc...Someone who you know will be honest with you.

Ask your confidant to share his/her opinion by asking them the following questions:

#1 When do you see me come alive the most? What am I doing? When I am the most "Alive?"

#2 What troubles/burdens do you notice I struggle with the most? What do you think it is about these that weighs me down the most?

#1

#2

REFLECTION



So how did your partner's answer compare to yours? Were there any surprises? How are you feeling about the results so far?

Our hope is that you are connecting with, and possibly re-discovering, your true passion, your gift, the things that make you tick...Your why.

So why is it important to determine your true why? Well...Before you can ever begin to start creating a vision for yourself you have to understand what you value the most. You must know what your non-negotiables may be in determining the goals you want to achieve, and what you are willing, or not willing, to do or give up in pursuit of them.

Based on the exercise you just completed, in the space below write out what you believe your true values are.



WHAT'S YOUR IMPACT?

We have just gone through a simple exercise of learning what makes you passionate...What drives you in the work you do. From this we can glean what makes you "tick" in order bring you back to your passion point, where you made the determination to dedicate a good portion of your life to the work you are doing.

NEXT...

At our next meeting, we will want to discuss these passions and then go through a process of engaging them to start dreaming about your future.

The key question for our next meeting is:

"IF I COULD PAINT A PICTURE OF WHAT MY LIFE LOOKS LIKE 3-5 YEARS FROM NOW, WHAT DOES IT LOOK LIKE? WHAT IS MY DREAM FOR MY FUTURE? WHO IS THAT MAN OR WOMAN I AM STRIVING TO BE?"

We look forward to **DREAMING** with you at our next meeting!