

# PASSION WORKBOOK

A GUIDE TO PURSUING YOUR PASSIONS  
AND DEVELOPING PASSION MINDSET!

 **PASSION** FOR **LEADERSHIP**  
"REDEFINING STUDENT LEADERSHIP"

# WELCOME

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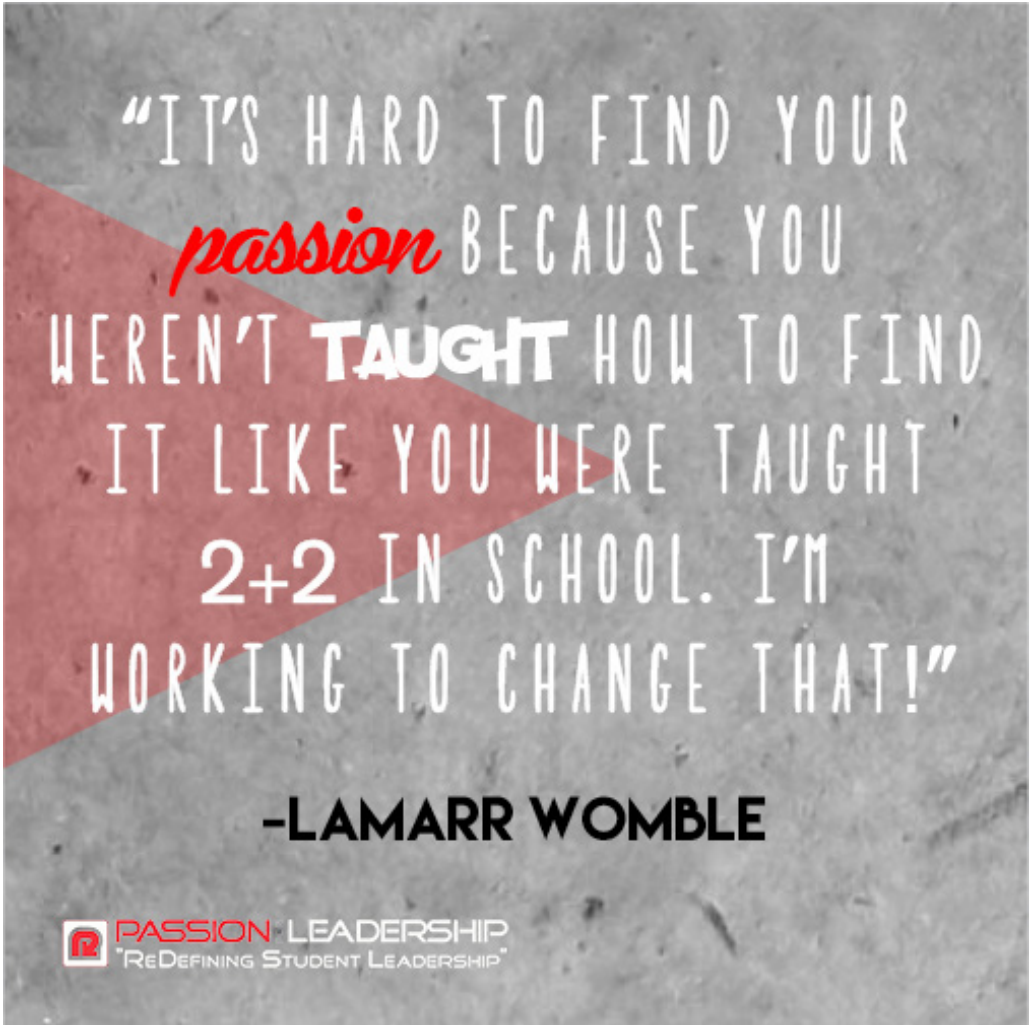
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# ABOUT ME

This book belongs to:

---

My Passions Are:

---

My Goal(s) is/are to:

- ---
- ---
- ---

# ABOUT LAMARR

Lamarr Womble, the founder of Passion For Leadership, has spoken to over 50,000 students since 2008 and loves teaching the world about PASSION! You may have seen Lamarr:

- **As a Tedx and Tedx Youth Speaker**
- **On MSNBC.com**
- **As a Dream Director for The Future Project**
- **On the education blog “What I Learned About Student Motivation Today!”**



Lamarr doesn't just talk the talk – he walks the walk as a Dream Director through the education startup, The Future Project. As a Dream Director he is able to implement on a day to day basis all of the motivational strategies he presents in his keynotes/workshops.

**Email:** [Lamarr@passionforleadership.com](mailto:Lamarr@passionforleadership.com)

WRITE THOUGHTS  
ABOUT THIS  
QUOTE...

**“WHEN YOU FIND PASSION  
YOU STOP BEING DICTATED TO,  
AND YOU START DICTATING  
YOUR OWN OUTCOME!”**

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# PASSION

IS AN **EMOTION** OF FEELING **VERY STRONGLY** ABOUT A PERSON.

PASSION IS AN **INTENSE EMOTION**, COMPELLING FEELING, **ENTHUSIASM**,  
OR **DESIRE** FOR ANYTHING AND OFTEN **REQUIRING ACTION**.

PASSION OFTEN APPLIES TO **LIVELY** OR **EAGER INTEREST** IN OR  
**ADMIRATION** FOR A **PROPOSAL**, **CAUSE**, OR **ACTIVITY** OR **LOVE**.



1. When was the first time you had a conversation about passion, if at all?

2. When was the first time you knew you loved to do something? What did that feel like?

3. When did you feel like a dream/passion wasn't accessible or you felt discouraged from pursuing it?

4. When was a time that you supported or discouraged someone's passion?

08

#FLASH BACK TIME

# PASSION STATS

**\$75,000**

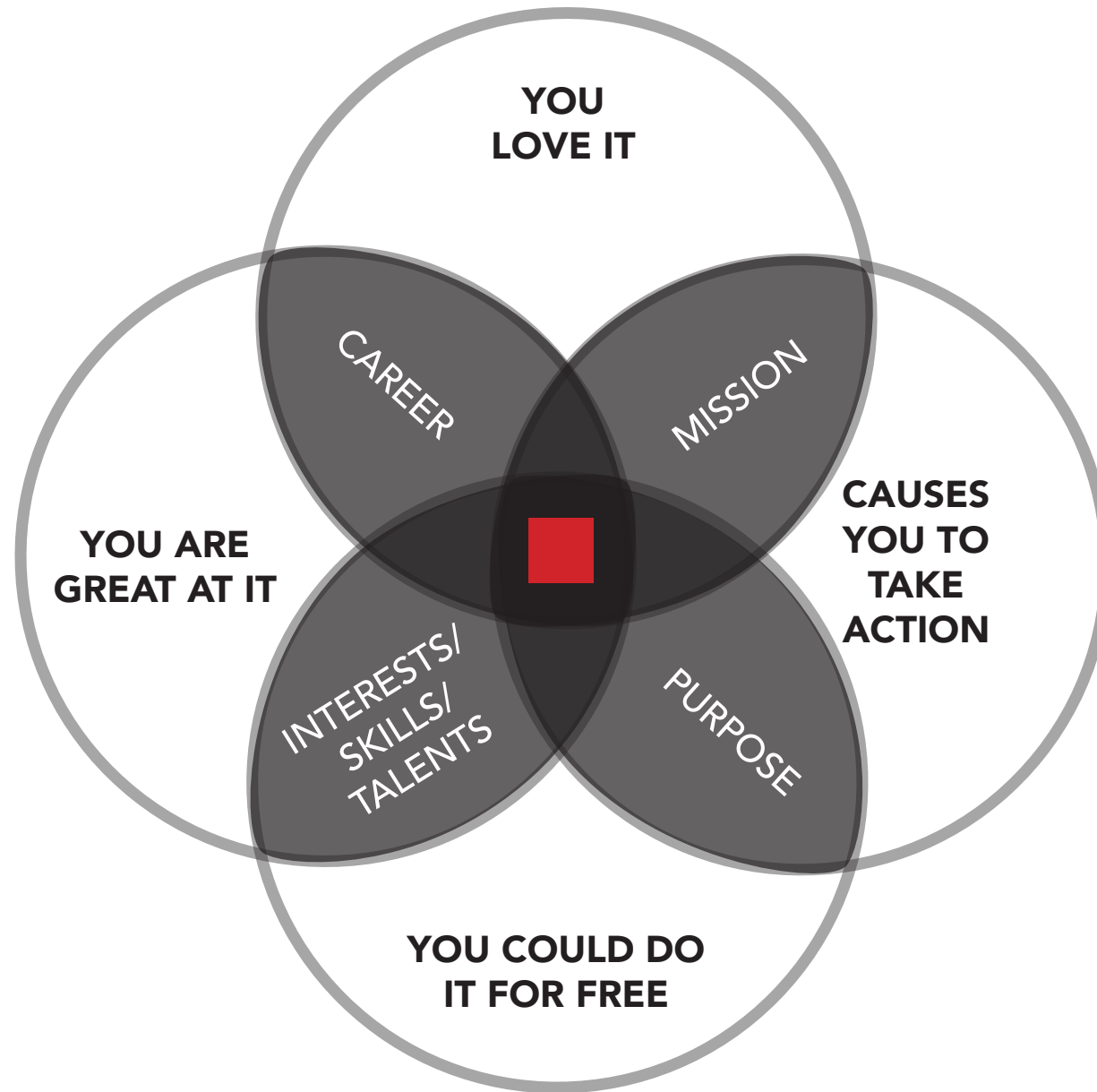
is all an individual needs to make in order to be happy.  
(Gallup)

**1/16**

of people surveyed have been asked  
what their passion is. (The Future Project)

**87.7%**

of American workers lack passion for their work.  
(Deloitte Consulting)



 PASSION

# 10 PASSION PERSPECTIVE

# PASSION QUIZ

Please answer each question with a *Yes*, *No* or *Kind Of*. You will use these answers to discuss where you feel you are on the Results page.

1. I know someone who has said to me they are passionate about their job.
2. Someone has asked me about my passions before.
3. I believe my passions can pay me.
4. Passions are only hobbies.
5. I have people who have told me they support my choices.
6. My parents have influenced my career decisions.
7. I have experienced extreme excitement for a hobby or activity that I do.
8. I use the word "like" to describe things I actually love.
9. I knew there was something I loved to do before 8th grade.
10. When thinking about future careers, money is not the most important.
11. My major in college should be/ should have been my passion.
12. There is something I love to do in my life right now.
13. My friends, family, and/or advisors have told me what I should do for a career.
14. I have time to work on passion projects at school or work.
15. There are parts of my job or student organizations that I literally love.
16. In regards to my dreams/passions, I have experienced crying, not being able to sleep, spent hours doing it, gotten goosebumps, or been scared to create it.
17. I have one thing I could do all the time and never get paid for.
18. Other people know about my passion.

# RESULTS

## PASSION PURSUER



- 1) openly shares passion with others
- 2) may be in action around their passion
- 3) has support to pursue passion

## POSITIVELY PASSIONATE



- 1) has gotten in action around their passion before.
- 2) believes passion is possible to access.
- 3) tends to only spend time doing things you love.

## PASSION WARRIOR



- 1) believes passions should only be hobbies.
- 2) has little to few visionaries or supporters in their life.
- 3) stuck in their ways and influenced by others opinions

## PASSION BUILDER



- 1) fear holds you back from taking action on your passion
- 2) has never had a conversation about passion
- 3) has never felt passion before.

# PASSION PROFILE

## **When did you know you first had a passion for your current work...**

I discovered my passion for my current work back in 2013. I started styling my friends and was also making these really cool shirts, but I never thought of myself as a designer until I was really able to understand the elements of being a designer.

## **How did you decide you were good enough to compete/do something so difficult?**

The moment that I decided that I was good enough to take on difficult tasks, was when I realized that people are willing to pay me in service of what I do.

## **What did you do to persevere in moments when it felt like you were going to fail or you thought your dream was not accessible?**

Anytime that I thought that I would fail I would remind myself that there is education in failure. I would remind myself that my purpose to fulfill this dream is way bigger than any doubt or failure could ever be.

## **Who and/or what gave you the motivation to start/create your passion/career?**

Kanye West gave me the motivation to start my career in fashion because I've watched him grow into such an amazing creative human. Being able to watch his hard work and all of the issues that he has endured trying to get into the fashion industry, it is just really inspiring to see his hard work pay off, and that inspiration helped ignite me.



**JUSTICE HATTERSON**  
FASHION DESIGNER



Company: difaisean.world

# REAL TALK

How do you spend the majority of your time? Whether it's school, work, a club, or hobby, have you ever considered which parts of it you love and how much time you spend doing it? Below, list the things you do in school, at work, in your student organizations or hobbies everyday, and then, what action would you take to do more of your 4 and 5 rated responsibilities and lower/raise your time percentages?

MAJOR RESPONSIBILITIES	HOW MUCH DO YOU LOVE THIS RESPONSIBILITY? 1 = TOLERATE 5 = LOVE	WHAT PERCENTAGE OF YOUR TIME DO YOU SPEND DOING THIS ACTIVITY?	WHAT ACTION WOULD YOU TAKE TO DO MORE OF YOUR 4 AND 5 RATED RESPONSIBILITIES AND LOWER/ RAISE YOUR TIME PERCENTAGES?	IF YOU COULD DO YOUR 4'S AND 5'S 100% OF THE TIME, WHAT JOB WOULD YOU HAVE?
Sending Emails	1 2 ③ 4 5	50%	Download an email efficiency app	
Student Council Meetings	1 2 3 4 ⑤	10%	Run for office	
	1 2 3 4 5			
	1 2 3 4 5			
	1 2 3 4 5			
	1 2 3 4 5			
	1 2 3 4 5			
	1 2 3 4 5			

# EMOTIONS CHART

Below, list the people, places, hobbies/responsibilities, and experiences that make you feel HAPPY, SAD & ANGRY. Star your favorite!

## PEOPLE

HAPPY:

SAD:

ANGRY:

## PLACES

HAPPY:

SAD:

ANGRY:

## PERSONAL ACTIVITIES/EXPERIENCES

HAPPY:

SAD:

ANGRY:



# QUESTION

What if you spent your life committed to doing the things that make you happy?  
OR focusing on the things you want to do something about and change?

What person, place, hobby, or experience (from the page before) do you feel the strongest about?	Do you have control over how often you experience this thing?	Do you want to experience this thing...	What immediate action will you take right now to experience this thing more or less? Why? Write it below!
PERSON:	YES \ NO	SAME AMOUNT LESS MORE	
PLACE:	YES \ NO	SAME AMOUNT LESS MORE	
HOBBY:	YES \ NO	SAME AMOUNT LESS MORE	
EXPERIENCE:	YES \ NO	SAME AMOUNT LESS MORE	

# PASSION PROFILE

## **When did you know you first had a passion for your current work...**

When I was in middle school, I realized my outlook on life was a little bit different than my peers. Many saw our small town as their town for life. Others thought that our small town was the worst place in the world and wanted to leave immediately. Rather than thinking about staying or going, I thought about making the most out of every opportunity and challenge that life presented. From my 8th grade self to my current self, I continue to be amazed at how my passion for challenging the status quo -- in business, in small towns, and now in politics -- is not restricted to any geographic/socioeconomic/religious/cultural barriers.

## **What did you do to persevere in moments when it felt like you were going to fail or you thought your dream was not accessible?**

Tell someone. Mentors are incredible. I'm fully convinced that a group of 4-5 trusted mentors is the key component to every entrepreneurs success. When I'm challenged with a problem, I don't beat my head against a wall (well, for too long). Instead, I ask people who have been in my shoes (or similar situations) before. And when the mentors don't pick up the phone (like at 3 am when most of my thoughts of failure come up), talk to yourself. There is something both calming and thought-provoking about speaking out your ideas and problems.

## **Who and/or what gave you the motivation to start/create your passion/career?**

Probably the "who" that gave me the most motivation to start my passion for rural communities and entrepreneurship were all the people who told me "no." No, you can't start a successful company before you have a college degree. No, you can't have a tech company in a rural community. Every time I heard the word "no," I was immediately motivated to prove them wrong.



**BRENT COMSTOCK**  
ENTREPRENEUR



@BrentComstock



@BrentComstock

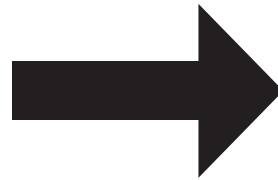
**Company:** Bcom.Solutions

WRITE THOUGHTS  
ABOUT THIS  
QUOTE...

**“FOLLOWING YOUR PASSION  
IS BAD CAREER ADVICE  
ONLY IF NO ONE TEACHES  
YOU HOW TO FIND IT!”**

# SUPERPOWERS

**COMPETITIVE  
EDGE**



**YOUR  
SUPERPOWERS**

Your **COMPETITIVE EDGE** is your natural ability to do anything. It is the thing you can do almost perfectly without trying, the thing everyone tells you that you do well. You know you have one!

If you were utilizing your superpowers everyday...

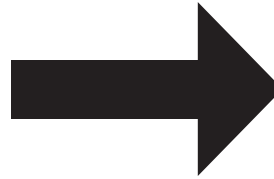
What would people say about you?

What would people do around you?

What would your life look like? (cause)

What would be possible for your life? (effect)

# COMPETITIVE EDGE



# YOUR SUPERPOWERS

Your **COMPETITIVE EDGE** is your natural ability to do anything. It is the skill you can do almost perfectly without trying, the thing everyone tells you that you do well. It's okay to repeat the same superpower in any box!



What are your **RELATIONSHIP, ANALYTICAL** and **CREATIVE SUPERPOWERS**?  
(examples- remembers names, great at math, has original ideas)

What are your **PHYSICAL SKILLS** and **TALENTS** that activate **SUPERPOWERS**?  
(examples- strong writer, natural singing voice, flexibility for yoga)

What is your **SPECIAL SAUCE** and **LEADERSHIP SUPERPOWER**?  
(examples- great listener, always optimistic, I don't give up easy)

# PASSION PROFILE

## When did you know you first had a passion for your current work...

In 2005. After 3 years in Florida A&M University's business school I had been reared to be a super professional. I knew how to network, how to research a company for an interview & even how to negotiate an offer based on market rates and past performance, but I had no idea how to start anything for myself. How to generate income outside of working a job. I went on an internship in late 2005 and could not find a job when I got back to school. It was crazy! I thought work experience and all this professional training would always guarantee me the ability to work, and it was one of the most difficult times of my life. I talked to my then girlfriend (now wife) and said I wish I could let young people know how important it is to learn how to create value and financial compensation off your own efforts. That thought took 8 years to germinate and blossom into my first real entrepreneurial venture. Now, I focus on giving young people the ability to take their first steps into the world of entrepreneurship before they even graduate high school.

## Best advice for pursuing a life of passion, happiness and doing what you love...

It is NOT an option. If you claim to be living life but you're not putting time and effort into anything you're passionate about, you are living a lie. We were put on this earth to be happy; happiness is the sum of your passions and who and what you connect with. That connecting is the most powerful thing on the planet. Connecting is what allows us to love, inspire and believe in the intent we put towards anything we do. Love represents our ability to always operate with the highest of intent. Inspiration is our commitment to never be void of hope. Faith represents our concentration to never lose our imagination by always accessing it. So if you are not being passionate about your life and connecting, what exactly are you doing?

## Three words/phrases passion pursuers can use to stay focused on accessing their passion...

- Wealth is the ability to fully experience life. How you define wealth determines what experiences you deserve.
- Fear and passion are the inverse of one another, so if you think you are afraid, you are actually passionate and just don't know it yet.
- You scare people because you are whole all by yourself.



**CORTNI GRANGE**  
SOCIAL ENTREPRENEUR



@CortniGrange



@CortniGrange

Company: [www.cortnigrange.com](http://www.cortnigrange.com)

# DREAM JOB

What is your job title?

What are the perks of the job?

If you could do anything in the world for free, what would you do?

What do you love to do?  
What makes you happy?

Who has this job that inspires you?

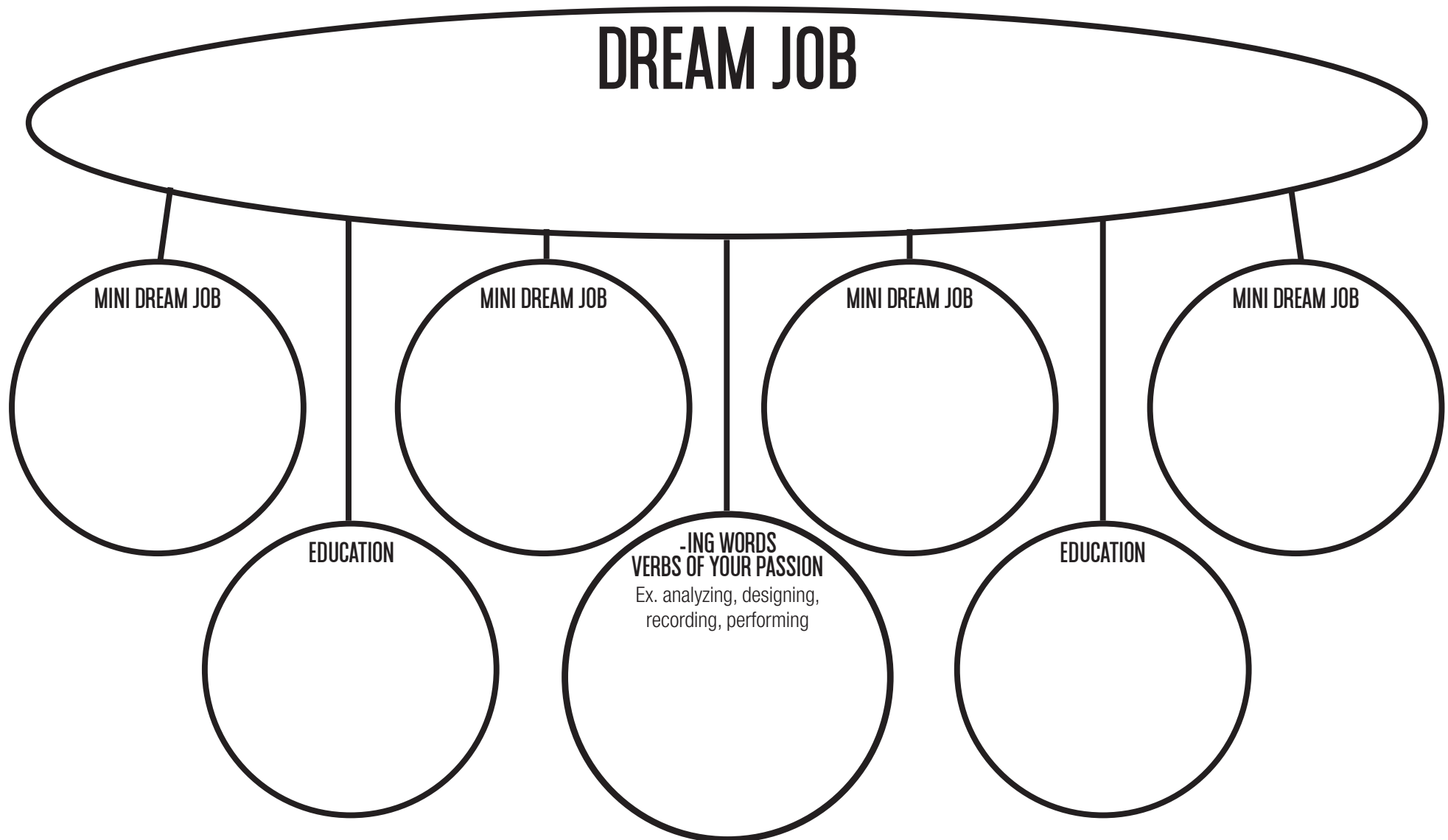
What are the brands that you love? What are the brands that inspire you?

What was your original dream for your career?

If you could take on additional responsibilities that might get you closer to your passions at school/in your job, what else would you do?

# VISION BOARD

Write your dream job in the big bubble below. What mini jobs exist inside or on the path to your dream job? What education or training do you need to access your dream job or any of your mini dream jobs? Put one inside each bubble.





# HERE'S A SECRET

In order to live a life that you are passionate about, you must be ready. Are you? Below, fill out the table to get a sense of what kind of action you must take to be ready to live your dream.

<b>DREAM JOBS LIST</b> List dream job and mini dream jobs and education/training necessary for each, if at all.	<b>READINESS RANKING</b> If you had to rank on a scale of 1 – 5 how ready or excited you are for this job, what would you say? 1=nope, 5=ready/excited	<b>ACTIONS TO TAKE</b> Make a list of actions you can take now to get yourself ready. What reading, writing or learning do you need to do to be the best? (ex: public speaking, interviews)	<b>COMPLETE BY</b> When will you need to have all of the actions complete by?

WRITE THOUGHTS  
ABOUT THIS  
QUOTE...

**“PASSION ALLOWS YOU TO  
FOCUS ON THE PROCESS OF  
BUILDING SUCCESS, NOT THE  
EXPECTATIONS OF  
ACHIEVING SUCCESS!”**

# YOU'RE INVITED!

To the class of \_\_\_\_\_'s 10 year reunion!

NAME \_\_\_\_\_ AGE \_\_\_\_\_

CURRENT CAREER \_\_\_\_\_

YOU MAY KNOW ME NOW BY \_\_\_\_\_

MOST EXCITING THING THAT'S HAPPENED IN THE LAST 10 YEARS: \_\_\_\_\_

THREE WORDS TO DESCRIBE YOURSELF NOW: \_\_\_\_\_

We can't wait to see you there!

# PASSION IN ACTION

## CHALLENGE: PASSION INSPIRES PASSION

In this activity, consider how your life and the lives of others might change if you just share what you love and care about. Complete the following challenges and see how you could be changing the world just by being yourself.

- 1** Tweet/Post/Instagram yourself doing what you love. Create a caption that asks others to share their passion!
- 2** Host a PASSION SHARE by asking people around you to share boldly what they are passionate about!
- 3** Ask people to write their passions on post-its. Collect them and put them in an unexpected location!
- 4** Build a website or create an Instagram account sharing everything you think the world needs to know about passion.
- 5** For one day, start all conversations with, “My passion is\_\_\_\_\_.”

# WORD CLOUD

It's review time. Go back and review all the reflections and activities that you've completed in the Passion Workbook. Fill in this word cloud with strengths, skills, talents, careers, majors, dreams or actions that appear 2 or more times. If something appears 2 or more times you'll want to make them priority on your path to passion discovery!



# PASSION PROFILE

## **When did you know you first had a passion for your current work...**

I've always been a creative individual and enjoyed the arts as a child. I started to paint in my early 20's for myself and for my own home. From there it became a creative outlet for me and through the years I became even more dedicated to becoming a better, more serious and more professional artist.

## **Talent or skill - Which did you discover you had first? How much of each is required in your world. How did you decide you were good enough to compete/do something so difficult?**

For me the natural talent and creativity played a role first. From there as I continued to practice and create, I have become more and more skilled. I am a self taught artist and am always improving my skillset by challenging myself to become better. I do this by exploring different mediums and styles and stepping out of my comfort zone. Deciding I was good enough to compete evolved a lot from people supporting me and believing in me. I never would have made it where I am now if it wasn't for other people believing in me and seeing things in me that I did not necessarily see in myself— that in itself is an inspiration. It took me many years to be at the confidence level I am now with my art.



**RACHEL SCHOLER**  
ARTIST

 [facebook.com/unwrittenart](https://facebook.com/unwrittenart)  [@UnwrittenArt](https://instagram.com/UnwrittenArt)

WRITE THOUGHTS  
ABOUT THIS  
QUOTE...

**“PASSION LEADS TO ACTION,  
ACTION LEADS TO MOMENTUM &  
MOMENTUM LEADS TO CONFIDENCE!”**

# PASSION-ISMS

## TERMS TO KNOW

**Original Dream** – The one dream/passion you wanted while you were young, before you got to college or during college, that slipped away from you after graduation.

**Obsession** – Another word to describe those who are passionate or obsessive.

**The Work** – The tiny to large steps you take each day to continue working towards a life of passion and happiness.

**Action** – Anything that prevents you from thinking about the past and only focuses on what's next.

**Momentum** – A sequence of actions that makes you feel like anything within your dream/passion is possible and you are having experiences that push you forward.



**Confidence** – A result of passion action and momentum; the continued belief that anything within your passion is possible.

**Purpose** – The reason behind all the actions you take towards your passion.

**New Normal** – The idea that you can create a career based on all of the things you love and find a way to get paid doing it.

**First Day of School Feeling** – The feeling of anxiety, nervousness, excitement, and eagerness you had the night before the first day of school; which is also the best way to describe how it feels to be passionate everyday.

**Passion Mindset** – Living a life of passion/happiness is obtainable by making decisions everyday based on what you love to do and how you love to spend your time.

WRITE THOUGHTS  
ABOUT THIS  
QUOTE...

**“FIND THE % OF LIKE  
VS. THE % OF LOVE  
IN EVERYTHING  
THAT YOU DO!”**

## Project Building Resources

### Marketing

99designs.com  
Postermymwall.com  
Wackybuttons.com  
Vistaprint.com  
Ooshirts.com  
Canva.com

### Sales/Fundraising

Paypal.com  
Square.com  
Venmo.com  
Kickstarter.com  
GoFund.me

### Publishing/Music

Lulu.com  
Blurb.com  
Audiotool.com  
Soundcloud.com  
Medium.com  
Createspace.com

### Websites

Squarespace.com  
Godaddy.com  
Splashthat.com  
Wordpress.com  
Blogger.com

### Video


InShot (app)  
TikTok (app)  
Splice (app)  
Vimeo.com  
Youtube.com

### Career Search

Emaginit.org  
Uwannadu.com







WRITE THOUGHTS  
ABOUT THIS  
QUOTE...

“PASSION IS A  
LIFELONG JOURNEY  
THAT BEGINS NOW!”

# P4L'S PASSION PLEDGE

I pledge from this day forward that I will live life to the fullest, treat people with respect, take advantage of all of my opportunities, make it my mission to find my passion, keep it real and know my next steps to accomplish my goals and live my dreams.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

 **PASSION** FOR **LEADERSHIP**  
"ReDefining Student Leadership"

