

# How to start doing what you love

Have you ever felt trapped in a routine that does not align with your true passions and desires? Are you longing to break free and start doing what you love? Imagine waking up every morning with a sense of excitement and purpose, eager to pursue your true passions. If you are ready to embark on a journey of self-discovery and fulfilment, discover the transformative steps that will set you on the path to pursuing your true passions and finding the happiness you have always dreamed of.

One needs to unleash creativity. When we find a pet project that ignites our passion, a whole new world of possibilities opens up. It allows us to tap into our creative side and express ourselves freely — whether it is through painting, writing, playing an instrument, gardening, or any other activity that sparks our interest.

Getting out of our comfort zone is a powerful catalyst for personal growth. It encourages us to step out, take risks, and learn new skills. Whether learning to cook, mastering a dance routine, or trying out a sport, our endeavours help us grow and develop. Through this process, we gain a deeper understanding of our strengths, weaknesses, and goals. Such labour of love encourages self-discovery by exploring new interests and discovering hidden talents, empowering you to become more confident and fulfilled.

Making the most of your free time is essential, but finding a balance between activity and rest is just as important. Avoid overscheduling or feeling pressured to fill every moment with exciting tasks. Engage in activities that promote relaxation and well-being. Prioritise self-care and make time for activities that rejuvenate your mind, body, and spirit.

Dig deeper into your chosen field or interest. The more you learn and understand, the more confident you



become. Start by taking small steps towards your desire. This could be pursuing hobbies in your free time, trying out different projects, or taking on small freelance jobs that match your interests.

Starting small is a great way to gain experience and build momentum. Make time for your passion and give it top priority.

Even if you have other obligations, find ways to fit your interests into your schedule.

Ultimately, the key is to take action and keep going. Do not wait for the perfect moment or for everything to align perfectly. With what you have, begin where you are and continue forward.

Consistency and perseverance are vital

for progress. Remember, starting to do what you love is a process that requires dedication, patience, and self-belief. Enjoy the journey and celebrate each milestone along the way.

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**Photo: LS**

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