



Finding What Inspires You

Some people find their passion very early in life. Maybe they tried a sport or activity and it just stuck! Other people take a bit longer to find something they're passionate about doing and committing time and energy to.

When we don't have many things we are passionate about doing, we can find ourselves filling our time with things like TV and video games. These are ways to pass the time, but they don't give us the same emotional satisfaction as doing something we're passionate about. Finding your passion, something that inspires you, something that you want to commit time, energy and effort into doing consistently can help boost your overall emotional and mental wellbeing.

You may be asking yourself, "but how do I find something I'm passionate about?"

Here are some ideas of things you can try to find what inspires you:

- 1. Sign up for a sport you've never tried:** There are so many sports! Sometimes we only think of the classic team sports, like basketball, baseball, soccer, football, etc. But what about tennis? Cricket? Racketball? Highland dancing? Try thinking outside the box and signing up for a sport or team that you've never tried that you might never have thought of!
- 2. Try out different craft ideas on Pinterest:** Have you ever heard of cross stitching? How about embroidery? How about macrame? The world of crafting is endless! Pinterest has so many incredible crafting ideas that you can try out. Maybe you've tried knitting and it wasn't for you. But what about hand knitting! Creating something from nothing and using your creative mind is such a great way to find inspiration.
- 3. Talk to your friends/family about what they're passionate about for inspiration:** Going to our community to come up with ideas is a great way to find inspiration for what we might want to try out. Sometimes our friends are in clubs or on teams that we didn't know about! They might have an idea of something you can try or might want to sign up for something new with you!



4. **Volunteer:** Volunteering your time to a cause you feel strongly about is a great way to not only give back to your community, but to do work that inspires you. This could be volunteering at a homeless shelter or foodbank. It could be volunteering at a local religious or community centre. It could involve helping to organize events/rallies/protests, etc.

5. **If it entertains you, why not try it?:** Are you a musical theatre fan? How about a fan of movies? Do you enjoy watching dance more than anything? If you are entertained by something, you might have the drive/passion for it to make it your new hobby or life's ambition. If you find the arts gripping to watch, try participating in them! Oftentimes we're entertained by things we find passion and excitement in. So try them out!

Sometimes all it takes is stepping out of our comfort zones and trying something new to find what we're passionate about and what inspires us. There can be a lot of trial and error in this process, but working towards a goal of doing something that brings us joy is so important.

Try out some of these ideas if you have yet to find something in life that truly inspires you. Once you do, you will see how much these passions improve your overall mental health and wellbeing!