

# THE COMO FACTOR



When you discover your unique gifts and what truly makes you One-Of-A-Kind, it can be your first step to discover and claim your passion. When we uncover our passion, we can unleash an incredible source of joy for ourselves and find a path to achieve happiness and balance. Below, you will find an exercise to help you uncover what makes you One-Of-A-Kind and show you how to apply this simple formula to finding your passion.

## HOW TO FIND YOUR PASSION USING THE COMO FACTOR:

We recommend you take some time for yourself without any interruptions. It may be helpful to grab you journal, a few sheets of paper or your laptop to jot down your thoughts as you go through this process.

Take a few moments to do some inner reflection. You could ask yourself what strengths and talents have you been gifted with? What things make you unique? What things do you admire about yourself?

What are you known for in your circle of colleagues and friends? You can think back over the years and see if there is a pattern in the way that people referred to you or the attributes that they appreciated about you.

It is important to understand that gaining clarity of what makes you One-Of-A-Kind may not happen overnight and that's okay. It is a process that can take time, especially if you are one of those individuals that hasn't done alot of self reflection, is shy about acknowledging what your strengths are or just haven't had the time for that introspect. Take the time to go through the above steps to get clarity.

Once you've done this, take a look at your unique qualities, strengths and traits that make you One-Of-A-Kind. Now go back as far as you can (maybe when you were a child) and think about things that truly bring you joy, fulfillment and happiness. This is one of the easiest ways to uncover what pursuits have the potential to bring your passion alive.

Look at your list of qualities that make you unique and One-Of-A-Kind and compare those to things that bring you alive. What connections can you draw from the two? Start looking for ways to leverage your strengths to pursue your passion. Notice what you love, what makes you feel more alive, what you long to have more time for and what makes you feel lighter. Whenever you can, start to make time for these things and you will be on your way to your True Transformation.

**"Passion is energy. Feel the power that comes from focusing on what excites you."**  
—Oprah Winfrey