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Caroline is a mother, wife, businesswoman and philanthropist. She is a High-Performance Executive Coach and a Certified Meditation Teacher. She is the Founder of Inspired Global, a High-Performance Executive and Life Coaching Business. She is also the Co-Founder of Mothersphere, a global empowerment platform for mothers.

Caroline has a Law Degree from the University of Ottawa and a Bachelor of Philosophy from Skidmore College, in New York. For over ten years she had a successful career as an Executive working in technology, publishing, and business development.

Caroline has hosted shows both on television and online. She is a motivational speaker and writer, and is an advocate of women's rights, mental health awareness, abolishing human trafficking and plant-based eating.

Caroline was born and raised in Montreal, Canada. She has lived and worked in several countries and is fluent in French, English, Spanish and Italian. Caroline is currently based in London, England.



LITTLE THINGS THAT MATTER: IGNITING PASSION AT WORK

By Caroline Desmarais, Founder of Inspired Global

Wouldn't it be amazing if everyone felt passionate about their work? This sounds like the ideal situation. However, very few people truly feel passionate about their work. Why is this and is it possible for all of us to feel this way? What if I told you that it is possible? And much of it is within your control. You don't need to hire a coach in order to make this happen. Here are 5 simple exercises you can use in order to inject more passion into your life, right away.

What is passion? We feel passionate about something we love. The problem is that we rarely love work. We can feel passionately about the people in our life whom we love or a particular hobby that brings us enormous satisfaction. We know what it feels like to be passionate about something. Although it may seem farfetched, it is absolutely possible to feel this way about your work as well. And in fact, we should feel this way about our work!

The first step in changing your situation is accepting your current reality. Perhaps

you are working in a job that you dislike. It is not necessarily making use of your core strengths as a person, but it brings you an income and for this reason, you are tied to it. If this is the case, read on. There are very concrete steps that you can put into practice in order to increase your level of passion and workplace satisfaction. Grab a notebook and let us begin the transformation to igniting passion at work (and in all areas of your life!).

Your Purpose

What is your purpose? Passion and purpose are intricately linked. The average person doesn't sit around thinking about their purpose. It may seem like an abstract and perhaps even confusing concept. Nonetheless, our sense of purpose can and should feel natural to us. It is what we stand for, it embodies our core values and beliefs, and it is what brings meaning to our life. Purpose is multi-faceted. You don't merely have one purpose. For example, your purpose may be to be a loyal and supportive spouse; a loving and responsible parent;

a stable provider. Your purpose may also include being healthy and look after your wellbeing. With respect to work, your purpose may be to do the best job possible and maintain a positive frame of mind.

Purpose Exercise

In your notebook, at the top of a blank page write: My Purpose. Then, write the following categories underneath with room to fill in a statement for each: Family, Relationship (whether or not you are currently in one), Work/Career, Health/Wellbeing, Social/Friends, Hobbies, Finances and Giving Back. Off the top of your head, write down a purpose you currently fulfil or would like to fulfil in each of these areas. There are no right or wrong answers. The key is to bypass your conscious mind and access your intuition. This will give you a glimpse of the depth of purpose in your life. Don't worry whether or not you are currently fulfilling these purposes. The point is that you can and will, once you are in the right mind frame. The objective is to bring meaning to your life. You will see that you matter, for many reasons, to a lot of people.

Loving your Work

What is your purpose at work? By virtue of the fact that someone is paying you to do your job - you do have a purpose at work. You are fulfilling a role that your organisation has deemed essential. Now comes the fun part. What if I told you that the key to finding future passion and satisfaction in your job relies on your ability to identify things you love about your current job. Sounds tedious?? Stick with me, it's worth it. There are undeniable laws that govern the universe and one of them is the law of attraction. Whether or not you chose to acknowledge it, it is constantly working, much like other laws, such as gravity. These laws don't wait for you to understand how they work. They just do.

So, bear with me and accept the fact that whatever you are giving your attention to is exactly what you are attracting into your future. The nuance is that this is a feeling universe. So, to take this statement one step further: however, you feel right now is exactly the type of feelings you are attracting into your future.

Let's apply this to your work. You have decided that you are not passionate about what you do. This annoys you and you often wish you could do something that you love. Great, now let's use the law of attraction and work backwards. In order to attract a situation where you love your work, you have to begin by feeling love for your current work. But how is this possible when you don't love your current work? It is always possible to find things that you love. You will have to train yourself to see things through a different lens. This is absolutely possible, and it is worth it. Not to mention, what do you have to lose?

Gratitude Exercise

Every day, before you arrive at work, or first thing when you start your workday, in the same notebook write a statement of gratitude about your work. In this statement write something for which you are grateful (anything), why you are grateful for this and how it makes you feel. For example, "I am very grateful for my job because I get a paycheck every month, this allows me to provide for my family. This makes me feel useful, validated and proud." Re-read your statement and in your head say and feel the words: thank you, thank you, thank you. By feeling this gratitude, you are speeding up the creative momentum in your life. When you notice something going well during the day, a feeling of happiness or gratification, mentally take note of it and repeat "thank you" three times in your head.

Your Wellbeing

You may not have control over the job that you are doing at this very moment. However, you still have to go to work and make sure you get the job done. The key here is evolving in the direction of your dreams and passion. We are all constantly evolving. Our jobs, the work we do, the companies we work for, our overall careers, and each of us as individuals are constantly evolving. With the right mind frame, your situation will evolve towards a place you love. By becoming conscious of your mind frame you can influence this evolution in a direction of your choice, in the direction of that which you are passionate about. Contrary to popular belief one of the areas of your life over which you have the most control is your wellbeing. Whether you are currently fit or not, healthy or not so healthy, well or unwell, there are daily habits that you can integrate into your life in order to improve your wellbeing.

Wellbeing Exercise

In your notebook, at the top of a blank page write, "My Wellbeing". Rate your wellbeing on a scale from 1 to 10. This is not an opportunity to be self-critical, it is an opportunity to be honest with ourselves. Once again, there are no right or wrong answers. For instance, your current wellbeing may score a 6. Now ask yourself, where would you realistically like to be right now instead of a 6? Perhaps you could see yourself as an 8. You believe this would make you feel better and generally happier about yourself. Now, identify 3 steps that you can take in order to bridge the gap between the scores of 6 and 8? You have the answers within you. You are the only one who truly knows how to get there. Write down whatever comes to mind. Start with baby steps. What counts is that you are consciously heading in the right direction.

The objective is to build new habits. This won't necessarily be the most comfortable exercise, but it will absolutely be worth it. You aren't seeking perfection; you are seeking progression. It takes 21 days to build a new habit. Commit to doing at least one thing every day, however small or large that is moving you towards that 8 in wellbeing. Consistency will be your best friend when forming these new wellbeing habits. If it helps you to write down these actions daily then by all means, go ahead. Reassess after 21 days: how do you feel? What is your wellbeing score now? Are there different steps you would like to integrate moving forward? You are now the master of your wellbeing. Enjoy this feeling of empowerment!

Your Mindset

The reason your wellbeing matters is because the way you feel dictates your mindset. Have you ever come across someone who isn't particularly pleasant? That person is likely not feeling well. People who are reactive are actually showing us that they are unhappy. The flip side is that when you feel good about yourself, you are more lighthearted, you think more positively, you feel energized, ambitious, inspired and motivated. Your energy permeates everything you do and all interactions you have. Your energy is your magic fairy dust, that you get to spread throughout your day. It has the ability to absolutely transform your life. When you prioritise your wellbeing you also improve your self-confidence and self-belief. You solidify the fact that you matter. You deserve to feel great. You are worthy of opportunities and living a satisfying life. With this type of mindset, you will naturally become more passionate about your work. You will begin to see ways to improve your current situation, role or organisation.

You will identify potential career moves, for when the timing is right, as you see the infinite possibilities ahead.

Mindset Exercise

In your notebook, at the top of a blank page, write: My Mindset. Underneath write a statement which is the mindset that you will bring to work with you every day. This is your winning mindset. Rather than going to work demotivated and passively accepting whatever comes your way, you are taking control. You are getting back into the driver's seat and deciding what it is that you want in your life. Who do you want to be? The person who is constantly complaining or the person who has clarity and is solution-driven? For example, your mindset statement may read, "I commit to bringing my best self to work. I will notice all the things that I enjoy about my job, I will make my colleagues feel valued and I will be open to all the opportunities that come my way". Reread your statement daily in the form of a positive affirmation. Before you know it, it will become your second nature.

Your Dream

Last but not least, dream big! In your free time, train your mind to wander to all the things that you desire in your life. Strengthen the amazing muscle of your imagination to figure out what lights you up as a person. We are all unique and fulfilling your desires is your creative contribution. What are you passionate about? What excites you? What do you love? Have fun thinking about these things as much as possible. Your life should and will begin to feel exciting, vibrant and enjoyable.

Dream Big Exercise

In your notebook, on a blank page write: Dream Big. Whenever something comes to mind that you desire write it down. Let yourself experience the wisdom of your

inner truth and write about your dreams, aspirations and anything that makes you happy. Create a vision board for your life. It will contain everything you want, not only in the near future but in 3, 5 even 10 years. Start a word document and google pictures of all the things that you love - whether this be career-related or not, but please do include career-related items since it is important to dream big in your career as well. Simply drag these pictures onto the word document and as a weekend exercise print out these images, cut them out and stick them onto a larger paper or cardboard labelled 'Vision Board - Where Dreams Come True'. Take the time to consciously curate your life. The power behind this exercise is extraordinary. Watch as your life unfolds.

We all have the power to create within us. If you find yourself in a situation that is subpar, that is perfectly fine. Don't beat yourself up. This is the very place you had to get to in order to make a change. Your life is your masterpiece. You have the ability to create a life filled with passion. What story will you be telling in 10 years? Make it the story of your choice. Have faith, many successful people have built their success on realising their dreams. You are just as worthy as any of them. All it takes is the decision to make a change and commit to it. With these 5 simple exercises you will ignite passion into your work, and your life. Once you start living passionately you will never look back. Most of all, enjoy the journey!