

Introduction

Since you bought this book, I'm willing to bet you're interested in making some kind of change in your career. You didn't buy it because I'm a nice guy, or because you don't have anything better to do. You bought it because you hope it will make a difference in your life.

Because change is the result of both insights *and* action, in this book you'll find both, blended together in 101 simple ideas to help you create a career (and a life!) that lights you up.

Quick, simple, and customizable

Each of the 101 ideas in this book is a bite-sized snack packed with insights, inspiration, and specific ways for you to put the idea to work. The ideas are easy to read, understand, and incorporate into a daily practice.

I designed the book to make it easy to take an approach that is tailor-made for you. There is no "right" way to go through this book (though I recommend doing some of the self-exploration pages first, because a solid understanding of what makes you tick is the foundation on which everything else is built). The general flow of the book starts with ideas at the core of the passion pursuit process, followed by self-exploration exercises, then change and goal-setting ideas, and finally, ideas for taking action and making it happen.

You will find that some topics appear multiple times in different forms. This is intentional, giving you a variety of ways to engage them.

Organizing your approach

You can approach the book in any number of ways, depending on what works best for you. For example:

- **Front to back:** Start at the beginning and do a new page each day. You might also read it through in its entirety and then return to the beginning and work through it page by page. You can take on a new idea each day, every few days, or every week.

- Random: Open the book to a random page every day, read the text, and do the exercises.
- Scan through keywords: Each idea contains a quote and a key word or category phrase to help you focus your thinking, but these features can also be used as a way of scanning for inspiration to find ideas that feel right today.
- Topic-specific: If you've got a specific question or issue burning on your mind, the topic grouping starting on the next page lists the pages where you can find ideas to address your problems.

A final note: Don't overload yourself. The suggestions in the Putting it to Work section of each idea can pile up and become overwhelming if you keep adding more and more each day. To get the most out of the ideas, give them enough time to weave into your life, rather than charging through them in quick succession.