

IT'S TIME *to*  
START  
LIVING

— *with* —  
PASSION!

YOUR JOURNEY  
To Self-Discovery

**Workbook included**



**JEAN PAUL PAULYNICE, MBA**

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*DEDICATED TO  
EVERYONE WORKING  
TO FIND THEIR PURPOSE  
AND FOLLOW THEIR  
PASSION AND BLISS.*

*MAY YOU LIVE WITH  
COURAGE ALWAYS!*





## ACKNOWLEDGMENT

I want to thank my loving and supportive wife, Bency, and my two beautiful daughters, Saïdah and Elyse, who provide unending inspiration. This book is for you. For all your many talents and the endless love and laughter we share. It's when I'm with you that I am blissful.

I also dedicate this to my grandfather, Andre, who raised and shaped me to become the successful man I am today and whose eternal love and guidance are with me in whatever I pursue. Grandpa Andre, you are my ultimate role model.



## PREFACE

A couple of years ago, I was working so hard I forgot about my friends, family, and health. I was growing my career, working in some of the best organizations. I was blessed with all of the opportunities that I dreamt about. Each day, I was chasing some new goal and new illusion. I thought that every new job would bring me contentment. I felt I would find something that resonated with me. I thought, at some point, I'd find happiness in what I was doing.

But the reality was, I was not happy. I was, in fact, miserable.

I knew I needed a reboot. I needed something fresh to keep me going because I couldn't continue doing what I was doing. While my corporate job gave me immense experience, it had taken away my creativity and freedom. I felt empty. It was not clear what I wanted to do the next day, or even the next month or year. I was staring into an abyss.

Why was I working so hard? Was it for the money? Was it for some fulfillment? Honestly, most days, I felt as if I was chasing money and running after bills. Ultimately, I didn't want to get out of bed and go to my nine-to-five job.

That was my turning point.

I needed to do more with my life. I think most people feel this way. I needed something that excited me. I needed some fire in my soul. I wanted to find something that would give me gusto — something that I would be excited to do every day, even without pay. I needed work that didn't feel like work.

I wanted to do something I loved, that would give me more time with my family. Something that would allow me to create real connections with friends, leave me with more time for self-care, and impact people the best way I knew how.

Let me ask you something. *If you could do one thing to transform your life, what would it be?* If you're not sure, this book will help you find some starting points to move forward and some insights into your situation.

I am Jean Paul Paulynice. This book is a record of my journey to find more passion and purpose in my life. It describes both the good and bad experiences and the losses and the victories. I hope it inspires you to move out of your comfort zone and ignites your passion, purpose, and bliss in life.

# WHO AM I? WHY AM I HERE?

**F**inding my passion has been a journey of life itself. As long as I can remember, I have tried to figure out what my passion is, often having to pay a high price along the way. I have sacrificed opportunities for high-paying jobs and free time for myself to relax in pursuit of a more invigorating life. From attempting different careers to pursuing different lifestyles, I have tried everything I could to discover my passions. Unfortunately, I have had to experience the burden of trying out things that I did not like in life, though in time I came to see this burden as a luxury—that I had time to experience so many different things and had the freedom to explore. I think that this is something that we often take for granted—the amount of choice that we do have in the modern world. Sometimes it can feel like trying out new things to discover that they don't work is a waste of time. I have come to realize that what felt like setbacks or wastes of time were important learning experiences on my journey. Surprisingly,

even to this day, I am still searching for more things that excite me to the core. I have discovered truths about what makes me happy, what makes me feel alive, but I am still in pursuit of a better, more fulfilling life and a better me, and this is somewhere I will always be.

These goals may sound all too familiar to you: the process of starting over and over again in search of what you want. You may have read other books on the subject and are still stuck. For some of you, this process has involved changing careers, changing friends, beliefs, or lifestyles. Some of you may have woken up one morning and decided to move to a new place to find your passion. Some of you may not be at this point yet. These are huge changes, but the good thing is that it is not as elusive as it may seem if you persevere.

What makes you think you have found your life passion? How do you know that you have reached your purpose? Is it your finances? Is it when you get the promotion you have wanted?

First of all, passion in life is not something that comes to you. You don't just wake up one day and hear your life passion call out, "*Hey, pal, you have found me.*" No, that is not the way passion is discovered.

It's your job and your duty to find your passion in life. It is a journey, sometimes a difficult process. *What is it that passionately motivates you? What could you do for years without getting bored? What could you do for the rest of your life without the reward of payment?* If you had the total financial freedom

to choose anything, *what would it be?* That right there, could be your passion.

The sensation that comes with it, when you do find true passion, is surreal. You automatically know that *"this is it!"*

## WHAT LIGHTS YOU UP?

When you find your passion, you'll experience peace and satisfaction. It is as if you are entering an entirely new world and chapter in your life. You can see the possibilities and the impact before you even begin. It will get your blood racing.

A perfect example would be a day at an exciting job. After you have worked on a project, you come outside, and you see the world differently — the joy that you have is almost indescribable. The gut feeling that you get is just different. You start seeing life through different lenses, and your perspective in life is beautiful and pristine. You don't feel the resentment that comes from working in a place or on a project in which you find no enjoyment.

It's like a brand-new day. Everything is distinctly different. The gloom, the sadness, and the boredom have all gone away. You wake up and smile because you are happy and eager to try different things.

You are eager and confident to try exciting challenges. The sensation, the feeling, the vision, the way you see things is completely changed.

You are happy, and when you approach people, your environment and energy changes. It's like you have been elevated to a higher level.

Passion for life is more than just a job, positive relationships, or fulfilling hobbies; it is a mindset, and it is the result of tenacity and grit. Passion for life comes from following your bliss, despite the setbacks or challenges. If you follow your passion, you will reap the rewards. If you settle for mediocrity, you will pay the price. Many people find their passion when they know that their actions can change the world. *What talents do you possess that you can give to others, or what skills can you develop?*

To find life passion, we all have to experience things we like and don't like, but we suffer if we don't follow what motivates us. Until you find your life passion, your life is always a struggle; sometimes you find yourself wondering, *"Am I supposed to be alive? What is my purpose?"*

On the other hand, when you do find your life passion, your perspective changes. You make the daily decision to take part in something you enjoy. Today you can make a difference in another person's life. Today is the day to change things. Life passion, from my perspective, is seeing the beauty in things and living through it.

One fall day, I was driving through a back road to pick up my daughter, Saïdah, from kindergarten. I was struck in awe when I took a moment to see the beauty of the changing



leaves in that crisp fall afternoon. I have certainly experienced many fall seasons before, but in that moment, it felt more spectacular to me. With life passion by your side, you can take a moment to reflect on the flowers, the trees, and the leaves.

Imagine driving through the same backroad without life passion by your side; you are, like, *"How annoying! Why are these leaves falling? They are obstructing my view. They are making a mess of everything. I'm going to have to spend so much time raking leaves this weekend at home!"* Life passion is life itself. It is the price and the reward. It is what life is all about. Regardless of the circumstances, you must find what makes you happy, work on it, and believe that you can change the world.



# UNDERSTANDING MYSELF

**S**o how and when did I know that I had found my passion in life?

Let's start by learning what life passion is not. I have gone through a few experiences and jobs to know what exactly life passion is and what it is not.

There are things that I have done that I outrightly felt were not my passion. I could not imagine waking up to the same thing the next day.

## MY EXPERIENCE WORKING IN THE LABORATORY

After graduation, my first corporate job involved working in the biotech field, specifically working in a lab. I put on a white lab coat every day and was required to be in a gown when the procedures involved sterilized products or chemicals.

In the lab, I spent hours doing experiments in this bulky and uncomfortable clothing. Sometimes it felt like I could barely breathe, and it was incredibly lonely. It's just you, the products, the chemicals, and the experiments. If you tried to sneeze, you would probably knock something down. To me, that kind of environment was very restrictive. I felt stuck, like a sterilized chemical itself. It was an isolating and suffocating routine.

While this was not my way of doing things, was it possible that it could be a passion for someone else? Yes, it could be. So, finding a passion is a personal journey. It is as personal as your interests and preferences. When you have found your passion, you will feel it.

While this experience was a negative one for me, it helped me to learn what I *don't* want to do. The negative emotions that I experienced, as a result, pushed me to try something else.

## MY EXPERIENCE AS A STAY-AT-HOME DAD

I love my children. I am always looking for ways to squeeze more time with them into my schedule. The memories that I make with my children are invaluable. At one point, I thought that if I could have the opportunity to take care of them all day, it would be so fulfilling and finally, I could shape them into the ideal humans of which I have always dreamt.

I decided to give it a try. The first day was tough, but I comforted myself, saying that things are obviously harder on the first day and I'd get the hang of it eventually. The stress that came with it left me wondering how a stay-at-home parent finds balance in life. Changing diapers, preparing food, cleaning the house, doing laundry, ensuring that they eat well and on time, and the bedtime routine got the better of me.

Most of the time, I found myself giving the children convenient prepared food so I could avoid cooking. My logic seemed to work for them since I didn't have to scream myself hoarse to make them eat. I found that being an authority figure in this way in the household did not come naturally for me. It didn't take long before I could see that I was setting myself and the children on a path of unhealthy eating.

If I were to continue, I could imagine everyone in my household, including the kids, gaining at least ten pounds per week. They would be eating high-calorie, low-nutrient processed foods, sitting in front of the TV, barely moving all day.

Imagine the resentment and feeling of hopelessness that would come with this kind of a scenario three or four months down the line. I honestly applaud and acknowledge the parents who do this day in and day out. The sacrifices they make every single second are so immense. I felt depressed and sad that my natural temperament did not

align with this lifestyle. I love my children, and I love spending time with them, but staying home all day made me feel stuck in a rut. Eventually, I decided that my children would be happier if their day-to-day living activities were managed by someone who had more aptitude for childcare—someone who did this type of work because they were passionate about it. I knew that they would be more receptive to a different style of boundary setting and redirection, and I couldn't force myself to be someone that I wasn't for the sake of their development. I knew that I would have a happier family if I were happy. I decided to pursue other work, and my family was better for it, revealing a learning experience for me, and it taught me a lot about myself and my role as a father.

*Even if something is good, noble, and worth investing in, it does not mean that it is your passion in life. Something you need to know at this point, as you are seeking to find your passion, is that passion is narrow.*

*Passion is not about being everywhere and doing everything.*

*It is about something with which you individually connect. You can do it with grace and for long hours. You can go on and on because you find the motivation within you. You cannot be good at all things, but you can be good at one thing that you love. That is your purpose.*

**Thank you for downloading the first two chapters  
of *"It's Time to Start Living with Passion!"*.**

It is my dream to inspire you to discover your sense of passion and purpose in your life. You can also purchase the entire book on Amazon.

I am very interested in learning more about what you are creating in your life.

Please let me know what you think by sending me an email or reaching out on **Facebook** or **Instagram**.

All the Best,  
Jean Paul Paulynice



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