

FUNSPAN COMPASS : THE PASSION STARTER KIT

Train passion the same way you train endurance.

Here's your training plan for rediscovering passion... use these exercises to reconnect with what excites you, lower the friction of fear, and build a compass toward playful, meaningful work.



Interest Archaeology

Most of us have curiosities buried under years of practicality. We stopped asking "what sounds fun?" and started asking "what makes sense?"

So let's dig them back up:

Exercise 1: Imaginary Lives

If you had five other lives to lead, what would you do in each of them?

Not careers you think are practical. Not things people told you to want.

What sounds fun?

Would you be a pilot? A chef? A photographer? A marine biologist? A DJ? A carpenter? A novelist? Start with 5:

- 1.
- 2.
- 3.
- 4.
- 5.

Exercise 3: Jealousy Map

Who do you feel envious of?

Not their money or status — their daily life.

When you scroll Instagram or LinkedIn and feel that twinge of "I wish I was doing that," what are they actually doing?

Jealousy is your internal compass pointing toward something you actually want but haven't let yourself pursue.

- 1.
- 2.
- 3.

Exercise 2: Childhood Fascination

What did you love doing before anyone told you what you should be doing?

What made you lose track of time as a kid?

Maybe you built elaborate Lego worlds. Maybe you made up stories. Maybe you spent hours shooting hoops or drawing or taking apart electronics.

Write down three things you remember loving.

- 1.
- 2.
- 3.

Exercise 4: Your Perfect Life - Tuesday

Most people are postponing their lives, waiting for the promotion, the house, the relationship, the financial freedom...

But when people get there, they don't know what to do with themselves. So let's skip ahead.

Imagine all of it happened. You have the money. The house. The relationship. The security.

And it's Tuesday. How would you spend that day?

Write it out, hour by hour:

- How do you wake up? What's the first thing you do?
- What work would you choose to do — not because you have to, but because you want to?
- How do you move your body?
- Who do you connect with, and how?
- What do you create or build or explore?
- What does the evening look like?
- What are you seeing, smelling, and hearing...?

The Curiosity Loop

Rest

Brings you back to a baseline. When energy returns, curiosity follows naturally. Try some of these protocols, and be ready to notice:

- Phone-Free Walk
- Sleep Optimization
 - Without biological rest, curiosity signals can't transmit clearly. 8+ hours, cold room, hot shower before bed, consistent sleep/wake times.
- Do Nothing in Nature
- Morning Pages
 - Write 3 unfiltered, stream-of-consciousness pages first thing in the morning to clear mental clutter, process emotions, and uncover creative ideas.
- The 3 Day Reset
 - Day 1: sleep in, no agenda, be bored.
 - Day 2: walk, read for pleasure
 - Day 3: observe, write

Engagement

Take one small action toward each thing that sparked you.

It could be as simple as watching a documentary about it, signing up for a class, or spending 15 minutes tinkering with an idea. Write your to-explore here:

- 1.
- 2.
- 3.
- 4.
- 5.

Observation

Once you've slowed down, start listening. Carry your phone or notebook, but use it as a net, not a distraction.

Anytime you feel a tiny spark, jot it down immediately. This is where your notes app becomes a training tool. You're capturing breadcrumbs.

Here are some examples of what to look for:

- What topics do you click on without intending to?
- What YouTube rabbit holes do you fall into?
- What problems do you notice that annoy you enough to think about solutions?
- What do friends ask you about because they know you're interested?

Conversation

Share what you're exploring. Talk about it with a friend, a mentor, or a stranger in the sauna.

Speaking your curiosity out loud strengthens it. You hear what matters to you in your own voice.

And when someone else lights up too, you get positive reinforcement that this pursuit is worth energy. Write down 1 person for each engagement:

- 1.
- 2.
- 3.
- 4.
- 5.

Fear-Setting

To put this all together, you don't need to quit your job today or overhaul your life. Just shift the frame, and it'll start to come together over time.

But when it does come time to make big decisions — to bet on yourself, to take that leap, big or small — the most useful tool to reference is fear-setting.

This exercise comes from Tim Ferriss, but I've adapted it for athletes and creators — because at its core, it's exposure therapy for the imagination. It's the opposite of goal-setting.

Instead of asking "What if it goes right?" you ask "What if it goes wrong?"

And then you actually write the answers down. This helps to solidify uncertainty and actually grow confidence in your ability to handle the change. It empowers you to take the leap -- because you have a plan and realize the worst-case scenario is not as bad as inaction.

Worst-Case

Prevention

Repair

What's the absolute worst that could happen if you took this risk or pursued this curiosity?

For each worst-case scenario, write what you could do to *reduce the likelihood* of it happening.

Now imagine it did happen. The fear came true.

You leave your job and the project fails.

If you're worried about financial risk, set a time or savings limit.

What could you do to recover?

You embarrass yourself.

If you fear public embarrassment, start privately.

Who could help you get back on track?

You lose some money.

In nearly every case, the answer is: more easily than you think.

You feel foolish.

You're reminding yourself that most "disasters" are controllable variables, not fate.

Ferriss calls this "rehearsing failure" — and it rewires your nervous system to see risk as recoverable.

Write it all down — vividly. Name every fear until it loses its mystery.

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Cost of Inaction

This is the most important part.

Ask yourself: if I *don't* take this leap — what does that cost me over time?

How does staying where I am erode energy, curiosity, or confidence? What skills, people, or experiences will I miss out on? Project that forward one year, three years, ten. The compounding cost of stagnation usually dwarfs the temporary discomfort of trying.

- 1.
- 2.
- 3.
- 4.
- 5.

When you put it all on paper, fear becomes less of a monster under the bed and more of a spreadsheet. You realize the risk of action is often reversible — but the risk of inaction is permanent.

"Fulfillment compounds. Each loop is a long run for your attention — slow, steady, and self-reinforcing." – **The Funspan Podcast**

For more resources, visit jackmislinski.com.



**THE SCARIEST
MOMENT IS JUST
BEFORE YOU START**

-Stephen King