

# PASSION

## What exactly is a ‘life passion,’ you ask?

*P*assion: an “intense, driving, or overmastering feeling of conviction.”

That might be the dictionary definition, but in reality, it’s hard to define “passion” because *it’s a feeling that no words can describe.*

The history of the word *passion* gives it a deeper meaning that makes anyone who has found their passion smile and nod, like it’s a secret acknowledgement of what it truly means to *live* for something.

The word *passion* comes from the Latin word *passio*, which means “suffering.” Yes! People certainly suffer for their passions! Some suffer a great deal, and that’s part of the reason why finding your passion (and following it) is so important in life. After all, anything worthwhile has some pain attached to it.

But the pain and suffering that may stem from a passion is nothing compared with the stress and emptiness caused by a passionless life. Without that creative release, life can become unfulfilling and pointless.

Following your passion is something that “outsiders” (i.e. parents, siblings, partners, friends, and others) can’t seem to comprehend.

*Outsiders* focus their criticisms on things like safety, stability, security, and status because their decisions tend to be dictated by **fears**. Their goal is to **avoid** pain and failure and simply stick to what they know. That’s why *outsiders* rarely understand the forces that pull passionate people away from “sensible” decisions in life.

We all know that growth and success can *only* happen when we make short-term sacrifices to overcome the obstacles and beat the odds. And once you make the choice to burst out of your protective shell and work with intensity, then you’re ready to **discover and pursue your deepest passion**.



## How Do You Find Your Passion?

- 1. Make a list of your favorite hobbies.** Write down your favorite activities and pastimes, even if it’s from your childhood. You might already spend time on your passion without even realizing it.
- 2. Start a new hobby.** Don’t limit yourself to what you know. Try getting involved with hobbies that your friends and family enjoy. This will lead you to discover new joys you may have never considered.
- 3. Make a list of your talents.** They don’t have to be related to a specific job, just allow the pen to flow freely on the paper. You just might discover a passion hidden in one of your talents.
- 4. Ask your loved ones.** Sometimes other people can see what makes you happy better than you can.
- 5. Look at the long-term interests in your life.** Are there themes or events in your life that always seem to pop up? Examine those and see if you can uncover your life’s passion.
- 6. Be honest with yourself.** Sometimes people mistake their passion for something they’re

*talented* at doing instead of something they *want* to be doing. Do what you love, not just what you're good at.

**7. Make a list of things that dominate your conversations.** If you constantly turn your talk toward a certain subject, it may be something you should actively pursue.

**8. Find ways to get involved in your community.** Playing recreational sports and engaging in activities at the local community center can be a great way to meet people. We can learn a lot from others through conversation and circumstance.

**9. Help others.** Forget about yourself and try serving others in your community. Kindness and charity really can unlock your real passions in life.

**10. Find a mentor.** If you can find someone willing to show you the ropes, you'll have a unique insider's perspective and a confidant. Plus, you'll be able to bypass a lot of the initial learning curve.



## How Do You Develop Your Passion?

- 1. Network with others.** Find people who share your passion and get together for related activities, conferences, or seminars.
- 2. Go online.** There's a wealth of information available on the Internet. You can also use public message boards and social networking websites to meet new people that have similar interests. Take advantage of the networking opportunities available to you.
- 3. Take a course.** Find a college or trade school that teaches a subject you're interested in. Aside from learning, you'll meet students who share your enthusiasm and passion.

4. **Practice.** The better you get, the more you'll push yourself, and the more you'll enjoy the fruits of your labor.

5. **Develop your passion at work.** Find out if there's a way you can actively develop your passion at work through company-sponsored training and development.

6. **Work on a project with a buddy.** Two people working on a shared project can help you both sharpen your skills.

7. **Go *pro bono*.** Contributing your talents to your community will help you get practice and understand how your passion fits

with the needs of others. Do this at least until you're confident with your abilities.

8. **Teach someone else.** The quickest way to master something is to teach it to someone who doesn't know the skill.

9. **Create a dedicated workroom.** You need the right atmosphere for you to sharpen your skills. By keeping all resources and tools at your fingertips, you'll be able to constantly refine your passion.

10. **Accept obstacles without discouragement.** Take a break if you feel like you're getting discouraged. Don't forget to set a



definite time and date (no more than two days) when you'll start up again.

11. **Set goals, meet them, and then set more goals.** You should never be moving forward without focus and direction. Focusing on an objective helps you keep negative vibes away.
12. **Find positive reinforcement.** If your friends and family discourage your passion, consider finding a life coach who will keep you on track with your goals.



## What about Making Money with Your Passion?

1. **Research the job market and find opportunities that relate to your passion.** Your job doesn't have to be a direct extension of your passion, but life is a whole lot more fun when you're at least somewhat interested in your work. You can find information on various fields at government sites like [bls.gov/oco](http://bls.gov/oco).
2. **Look through the phone book.** You never quite realize how many professions there are until you see the enormous list of companies in a good, thick phone book.
3. **Incorporate your skills into your job description.** Take on new responsibilities that you can look forward to (and can get paid for). For example, if you're passionate about writing, you could offer to start a company newsletter.
4. **Look for your niche.** Research the market to find something that very few others are doing and that you know how to do well. Then survey your market to discover their needs and desires.
5. **Sell your products at a flea market.** If your passion manifests in a physical form like crafts or

antiques, flea markets are a great place to start selling your wares. Many millionaires started with a simple booth that cost only \$10.

6. **Sell your products to a specialty store.** If your items sell at a flea market, take it to the next level and find a small store willing to display them for a cut of the profit. You should also be able to raise your prices at this point, which will encourage you to go further.
7. **Start an online business.** The online world opens countless opportunities for your products and services. Do some research about how to build an online business to get started.
8. **Pass the word around.** Talk to friends and family to find out if their businesses could use your expertise.
9. **Go to conventions.** See what different companies are doing, and see if any of them are able to put your passions to work.
10. **Find out how other enthusiasts make money.** You want success? Copy success. Don't be afraid to give existing business ideas a creative and personal twist.

11. **Start small, grow big.** Most entrepreneurs who make money from their hobbies started small and even part time. After you've started, look for ways to make your venture grow. The best time to start is *now*.
12. **Write a book or e-book.** You can get the word out about your expertise by writing a book or step-by-step guide. We all have something to share to the world!
13. **Be realistic.** Don't walk away from your day job until you're sure you have a solid income from your other work or opportunities.



14. **Keep at it.** Most new businesses don't start making money for at least two years, so don't forsake any duties you have as a provider to yourself and your family. The pain of passion often means that you have to work twice as hard because you're holding two jobs until your business becomes successful.

15. **Don't work for free.** It's one thing to donate your time for a charitable cause, but giving your work to companies for free (in exchange for "exposure") cheapens your abilities. Your time and expertise is valuable!



## How Do You Find Support from Loved Ones?

1. **Find common ground.** Find a connection between your passion and that of a family member. This makes it easier for them to relate to you.
2. **Ask for understanding.** Family members aren't always willing to accept change. Start by asking them to bear with you while you go through a transition. Even if they don't understand you or your passion, ask for their full support and patience.
3. **Be understanding.** Don't let it upset you if your friends and family frown on your dreams. Let them know you hear their concerns, but you have to do what's right for you. After all, you only live once!
4. **Do unto others.** Make sure you are supportive of others' passions. It's not fair to ask them to support you if you scoff at them. If you've ever criticized someone for following their dream, now is the time to apologize and tell them you completely understand.
5. **Include others, but don't force them.** Ask your friends and family

to join you in a project, but don't try to force them against their will.

- 6. Limit your conversation.** The more you talk about your passion to uninterested parties, the less they'll want to hear about it and the more discouraged you'll get. Wait for them to bring it up. If they don't, find like-minded people who will be interested in listening to you and helping you grow.
- 7. Find encouragement from a support group.** Find a local business club to help you keep things in perspective if family members are unwilling to support your efforts.



## How Do You Get Through Discouragement?

- 1. Get used to it.** Anyone going through a change in career will eventually have to deal with discouragement. Those who develop the thickest skin tend to excel the most.
- 2. Stay focused on your goals.** There's no time for brooding. Always ask "What's next?"
- 3. Get back on the horse.** Every time you face rejection, take a deep breath and start another project before despair gets you down for good.
- 4. Look at someone else's work.** Sometimes looking at a great piece of work can inspire you. It can make you think, "I can do that, too!"
- 5. Become a mentor.** One of the most inspiring things in life is seeing someone benefit from your knowledge. You'll feel appreciated and gain the encouragement you need to build momentum.
- 6. Accept constructive criticism.** If someone is telling you how to do something better, consider it a compliment that they think your work is worth the effort to correct.

- 7. Keep it fun.** Always have an open project that you know you'll have fun doing. Return to it when you feel down.
- 8. Use a life coach.** Coaches keep you motivated so you can continue to work toward your goals instead of spending time feeling sorry for yourself.
- 9. Stay healthy.** Plenty of rest, exercise, and healthy foods help keep discouragement and stress from turning into depression and anxiety.

## How Do You Keep Your Passion From Controlling You?

- 1. Set time limits.** If you find yourself spending too much time on your passion, set a timer before beginning a project and stop as soon as the bell tolls.
- 2. Pay attention to others.** You can't ignore the needs of others. Spend time with family and friends on things that are totally unrelated to your passion.
- 3. Have a night out.** Humans are social creatures, so don't seclude yourself. Go out with friends and family to do the things that you enjoy.

- 4. Have a life outside of your work.** Your passion is important, but it can't be the *only* thing in your life. You still need time for personal reflection, vacations, and family gatherings.

Whether you're trying to find your passion, develop it, or turn it into a money-making venture, you are going to run into difficulties along the way. During difficult times, the stress may get so intense that you consider throwing your hands in the air and quitting. Don't fret — it's normal!

You may get discouraged and perhaps even depressed. That's normal, too. Having an active passion is a roller-coaster ride. That's why you need to enjoy the good times and hang on tight during the bad.

***Now get started!***

