

Discover Your True Passions in Life

By Barbara Ashcroft B.A.M.ED.

*"There are two great days
in a person's life-
the day we are born
and the day we discover why."*

Wm. Barclay

Four out of five people are not passionate about what they are doing in life. Sometimes we get so caught up in our same old, same old, that we lose sight of what really matters to us, what motivates us and touches our soul. We make choices based upon what we think we *should* be doing, what our parents wanted us to become, what society has encouraged us to pursue, what we feel we need to do to gain prestige, power and status, and of course we chase after the best job that will afford us the luxuries of our consumer-oriented materialistic culture.

Is your life fulfilling? Are you settling for a passive, rather than a passionate life? Are you enthusiastic about what you do? Do you feel that you live a purposeful life? Are you in touch with what really makes your heart sing? What dream do you want to start creating today? When you follow your passions, you will love your life. Your dreams already exist. They are just waiting for you to find them...to bring them into the world.

We often lose ourselves little by little, day by day settling for "something else". In her book, *Something More*, Sarah Ban Breathnach reminds us that, "each one of us has enough power embedded in our being to set the world on fire." Are you really in touch with your authentic self? We all start out in life with longings and interests that often get pushed aside for what we call "life". What was it that stirred your heart at 6, 10, and 15? Do you even remember? What were your childhood aspirations? Have they been buried so long that you can't even recall them?

Life has a way of happening with or without your consent. Busyness and daily routine take over and then we die. There are no reruns. Most people, on their death beds, do not regret their mistakes, but their lost opportunities. The good news is that it doesn't matter what age you are. There is always time to get in touch with your passions...better late than never. If you ask

yourself how many good years you think you might have to live on this planet, you get a sense of how important it is to make these years purposeful. Why would you waste one day spending your valuable time doing what is not feeding your soul? What truly gives you meaning? If today were your last day to live, what would not be fulfilled in you?

Many of us have that "someday" syndrome. Someday I'll write a book. Someday I'll start my own business. Someday I'll take up piano. Elizabeth Kubler Ross points out, "When you live as if you'll live forever, it becomes too easy to postpone the things you know you must do. "Someday," comes sooner than later.

If you think that you can't identify your passions and gifts, think back to your early years. What were your hobbies and interests? What do others usually compliment you on? What talents do others recognize in you? What feedback does the universe give you? What are you doing when time seems to fly by? When do you feel light as a feather, content and at peace? The answers to these questions will tell you what is close to your heart. This, then, is what you need to go after.

Even if you aren't able to spend your whole day in your bliss, you must find time to nourish yourself with those things about which you are passionate. Your body cries out for it. In fact your body will rebel if you do not use your natural talents and gifts. Stress, physical ailments and depression often set in when our authentic selves are buried for the sake of security.

Our joy becomes truly activated when we get a bigger picture of who we are and why we are here. Look closely at what you are choosing for yourself. You have a choice in every moment. Choose what matters for **you**.

"Let the world know why you are here and do it with passion." Dr. W. Dyer

If you are struggling to identify your true passions, **The Passion Test™** is an incredibly valuable tool for clarifying what's really important to you in your life. It provides you with a systematic way to identify those things that truly bring you joy. You will be amazed at how clear your life focus will become. When you discover your true passions, focus on your special gifts, and add your uniqueness to the lives of others, your life will be enriched.

***"When you are clear, what you want will show up in your life,
but, only to the extent you are clear."***

Janet Attwood

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