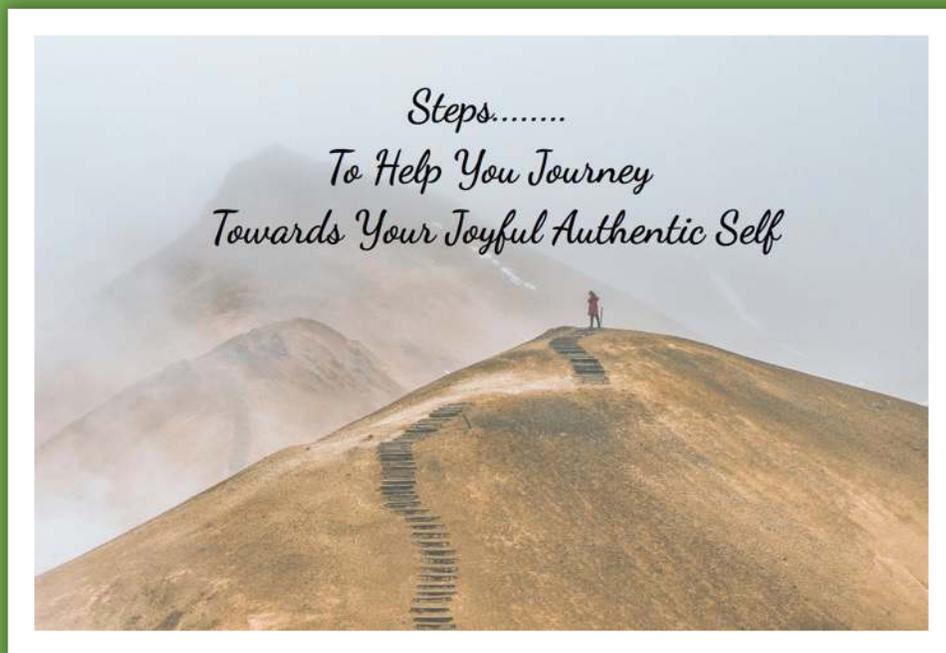


MODULE ONE

Stepping Stone 10

How To Become More Passionate



How To Become More Passionate

When you have passion, you have a life energy that allows you to achieve your dreams. ***Passion helps you get out of bed in the morning and seize the day!*** But what can you do when you feel like you've lost your passion?

How Passion Benefits You

There are many benefits to being a more passionate person. With an invigorating passion for life, you can enjoy sustainable energy that motivates and inspires you. You'll also enjoy more leisure time, quality relationships, and ***people will be drawn to you.*** You'll also enjoy an enthusiasm for life that can last a lifetime. It all starts with this simple thing called *passion!*

Developing Greater Passion

Everyone has their own unique path to developing greater passion in their lives. Experiment with different strategies to find something that works for you.

Keep the following tips in mind as you seek your passions:

1. **Follow your dreams.** Following your dreams is not a fairy-tale; it's what you're supposed to do in life! If you've lost your passion, chances are you've been working towards a goal that's not your *true* goal. It's time to evaluate your priorities.
2. **Consider religion and spirituality.** Maybe it's time to get more in touch with your spiritual side. Many faiths deal with life's tougher questions and they also provide purpose. When you discover your purpose and feel it, you'll also find passion.
3. **Develop relationships.** It's always a good idea to delve deeper into your relationships with your loved ones. When you keep things fresh and try new things, you may also discover your passion. You'll look forward to new life events when everything is not as mundane.

Get To Know Yourself and Your Values

If you're still confused when it comes to finding your passion, perhaps it'll help to take stock of your true values. Take a moment to ***write down your values***. It might seem like a silly exercise, but when you see everything written down on paper it may provide you with some clarity.

Everyone will have a different set of values; it's what makes a person unique. Once you've narrowed down your values, you can begin to see how you can ***honour them each day***.

Add Spice to Your Life

Are you too caught up in preparing for a better *future*?

When you only care about having a good life in the *future*, you forget about the *now*, which is discouraging and burdensome. Your happiness doesn't reside in the future - it's right here, right now!

Even though you may be an extremely busy person, ***it's important to make yourself a priority***. Commit to taking a portion out of each day for yourself. It could be as few as 15 minutes, but it'll make a difference.

Initially, you can use this time to plan out how you can follow interests that you feel passionate about. Build a plan and take action. It can be difficult to get past the planning stages, but following through with your plans is *the* most important part.

Small Steps to Something Big

Your small chunks of time spent pursuing your passions can result in spectacular results. When you actually see the proof of your dreams realised, it'll feed even more passion into you. Your new goal will be to avoid breaking your successful new pattern. Keep making yourself a priority and you'll re-discover the passion in your life!