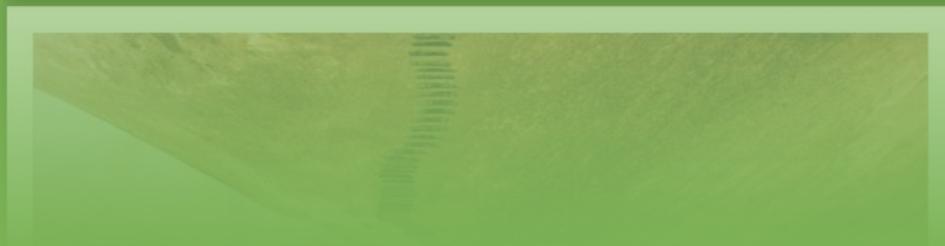
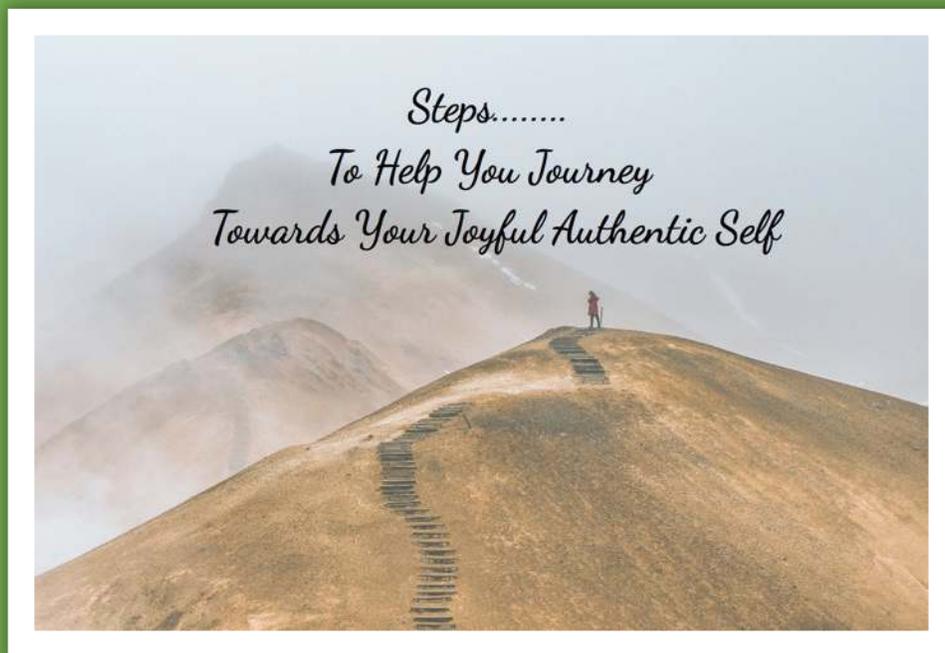


MODULE ONE

Stepping Stone 9

How Finding Your Passions Can Improve Your Life



How Finding Your Passion Can Improve Your Life

Everybody feels passionate about something. Sometimes it takes a while to figure out exactly what that is, but you have big dreams inside of you that are driven by your deepest values and convictions. ***Discovering this passion will dramatically increase your sense of joy, happiness, and confidence in every area of your life.***

Work

The most popular advice for career success is to find something you love, and then find a way to make money doing it. If you can find a way to support yourself working in a field you enjoy, you'll get up every morning looking forward to doing something that hardly feels like work.

Sometimes, however, you're stuck in a position that's less than ideal. If you explore the values and dreams within yourself and match them to particular aspects of your job, your daily grind can quickly turn into a daily pleasure. ***By finding deep meaning in what you do, your enthusiasm for work will naturally increase.***

Social Life

When you find your passion, you can seek out others who share that passion and revel in it. You can open yourself up to a whole new circle of people and experiences.

When a group of people who share the same passion get together and talk about it, entertaining dialogue always ensues. Whether it's a vigorous debate or a lengthy rant, it's always good fuel for your soul.

Discovering the passion inside of you makes you a more interesting person. Even when you're spending time with people who have totally different interests, you can exchange ideas on a whole new level and enjoy each other's company more when you have more to share.

Your friends, family, and colleagues may feed off your interest and enthusiasm.

Your passion may become contagious, and you may win them over to your cause. With more in common, ***you'll experience a deeper relationship and more meaningful fellowship when you share your passion with others.***

Recreation

Are you easily bored or anxious? The quickest antidote is to discover what makes you tick.

Your passion is the fuel that ignites the joy you were created to experience. Infusing your passion into your weekly schedule, even in small amounts, can have a dramatic affect on the happiness you feel throughout the rest of the week.

Romance

Knowing what your passion is can give you a barometer for potential romantic partners. If you find someone who shares your passion, or is at least supportive of it, you can develop a relationship where you can share your passion with someone who feels passionate about you.

Get Started Today!

Experience the power of finding your passion today. All it takes is a few minutes of quiet time alone, an open mind, and a determination to live the life of joy that you were born to live.

Grab a piece of paper and a pen, and ask yourself some questions. What causes stir your emotions? What do you enjoy spending time doing? What bothers you about the world around you? How can you make it better? What things make you smile? What recreational activities do you enjoy?

As you explore, you'll discover the passion that burns deep within your heart. Ask yourself how you can pursue that passion, starting today, even if it's only on a small scale. Your life will never be the same.