10 Ways to Ignite the
Passion
In Your Life

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**"Only passions, great passions,
can elevate the soul to great things."**

~ Denis Diderot

10 Ways to Ignite the Passion In Your Life

A wise man once said, *"Passion is the source of our finest moments."* How true! Think about your life. Aren't your greatest memories filled with passionate feelings? It could have been joy, love, pride, or even sadness, but the one thing in common with all of these emotions is passion.

Passion intensifies your total experience of any moment and inspires you to bring your dreams to life. It prevents you from filling your existence with lackluster episodes of boredom.

> **"Passion is the source of our finest moments."**
>
> ~ Joss Whedon

With passion, you can avoid the pangs of mediocrity and, instead, live the successful and fulfilling life you desire!

Have you ever found yourself admiring someone because of their zest for life? Their passion shines through in everything they do! Wouldn't *you* love to be the one everyone admires?

Great news! You *can* find that same enthusiasm within you if you consistently ***practice techniques that inspire your passion.***

In this book, you'll learn many strategies to bring your passion to life. If you use these strategies each and every day, soon you'll feel the joys of an abundant life filled with passion.

Focus on the Present

One of the best ways to fill your life with passion is to live in the present moment. When you ***immerse yourself in the here and now:***

- The past and future are irrelevant
- Worries are forgotten
- Distractions are pushed aside
- You achieve total focus on what you're doing
- You catapult yourself toward your goals
- Your journey is a parade of passionate moments

Living with total focus on *the moment* will take some practice because it's a different mindset than you may be used to. But practice makes perfect!

"Where are you? *Here.*
What time is it? *Now."*

~ From the movie: *The Peaceful Warrior*

Follow these tips to help you experience present moment living:

1. **Let your senses come alive!** Take time to stop and smell the roses.

   Enjoy the softness of your kitten's fur, the warmth of a loved one's caress, the delicious aroma of the pie baking in the oven, the freshness of the air after a rain shower, the pleasing harmony of the songbirds heralding the dawn, and the sheer beauty of a rose.

   ✶ You're *never* too busy to let these wonderful moments slip by unnoticed!

2. **Heed the opportunity of this moment.** Opportunities are all around you, each and every day. Keep your mind open to opportunities that can benefit you and take advantage of them while they're right there in front of you.

3. **Stay focused.** When distracting thoughts try to take you away from this very moment, regain your focus by consciously asking yourself these questions:

   ✶ Where am I? *(Here)*
   ✶ What time is it? *(Now)*
   ✶ What am I thinking about? *(Only what I'm doing this moment)*

These questions will help you put your worries and distractions aside. If necessary, tell yourself that ***you'll simply think about them at another time, but not right now.*** If you do this enough, you'll find that it becomes easier and easier to keep your focus on *this* moment.

Go For It with All the Gusto You've Got

When you're putting your best efforts into any endeavor, it's hard *not* to muster up some passion. If you're going to do something, then it's worth doing well. ***No wishy-washy, half-baked efforts for you!***

Letting your passion shine through in all your actions makes everything you do in your life worthwhile, whether it's washing the dishes or writing a symphony.

Allow yourself the sheer joy of total enjoyment in what you're doing!

"Work like you don't need money,
Love like you've never been hurt,
And dance like no one's watching."

~ Old Irish Proverb

Use these strategies to help you boost your passion:

1. **Determine your priorities.** When you know without a doubt what's most important to you, you can make choices and decisions with confidence. Choose the option which is most conducive to your higher priority and you'll be inspired to go full force with your decision.

2. **Live on purpose.** Living *on purpose* is choosing your own life according to your priorities. Simplify your life: include in your schedule only those things which are important to you.

3. **Clarify your goals.** Know exactly what you want and how you're going to get there. Divide your goals into *achievable* steps and focus on completing one step at a time. Rejoice as you achieve each step because you're one step closer to your ultimate goal. This will inspire you and build momentum.

4. **Believe in yourself.** Nothing helps you go full-force like confidence. The first three steps above will help you gain confidence in yourself. Allow yourself to believe in *you* and you'll find the passion you've been seeking.

**"What one has, one ought to use;
and whatever he does, he should
do with all his might."**

~ Cicero

Be Optimistic

An important part of a passionate mindset is an optimistic attitude. ***When you think positive thoughts, the passion to pursue something with all your might comes easily.***

On the other hand, if you're having second thoughts or negative feelings, it's hard to be passionate about it. If you give only 50% of yourself, you'll still feel 100% awful if things don't turn out the way you'd hoped for.

Now what kind of attitude is that? Do you see how it can kill your passion? It doesn't even make much sense when you look at it logically, but that's the way we are sometimes. Fears don't always make sense!

You'll find that you most often get what you expect. If you expect good things, that's the way events in your life usually turn out. An optimistic attitude leads you to make the choices that bring you what you desire.

Even when you're faced with challenges, if you're optimistic, you'll tend to discover the silver lining or find a workable solution. ***Optimism keeps you fired up*** and moving in a direction that makes you happy.

With optimism, you can find the opportunities in your challenges. When life hands you lemons, you can make lemonade – and like it!

> **"In the middle of difficulty lies opportunity."**
>
> ~ Albert Einstein

You can foster an optimistic attitude by:

1. **Using positive self-talk and affirmations** to replace negative thoughts with optimistic ones

2. **Meditating daily** to visualize the life you desire and inspire yourself toward action

3. **Asking yourself:** *Why not?* What if it *does* work? *How* can I make this possible?

Take Action

Passion is incomplete without action. Become the most action-oriented person you know. Learn to take swift and decisive action to take advantage of opportunities. The only way you can make your dreams come true is by taking action. Otherwise, a dream is just a dream!

Rather than sitting around thinking how nice it would be "*if...*", find a way to make it happen. Make a plan and go for it!

Instead of wasting time worrying about the scary *"what ifs,"* make the best plan you can and then take action to bring the best scenario to fruition.

When a challenge arises in your path, seek a solution to get around it, and then take action to continue moving forward.

Action fuels your passion! You'll find that, ***the more you take action to get what you want, the more passionate you feel about it.***

Learn Something New Every Day

Another way to spark your passion is to acquire additional knowledge and develop new skills. In the course of learning about new things, you may find something you're totally wild about!

"You don't have to be great to get started, but you have to get started to be great."

~ Les Brown

Here are some ways you can discover new passions:

1. **Pursue a new hobby.** Is there something you've always wanted to try? Now's the time!

2. **Take a class.** Look into your community or school district programs for interesting subjects.

3. **Travel.** Whether it's in your own city or to a foreign land, this can lead to exciting passions.

4. **Read.** Books, whether fiction or fact-based, give you views into entire new worlds.

5. **Surf the Net.** You can learn about anything on the Internet: facts, news, and new ideas.

When you learn something new every day, you have a wealth of knowledge that keeps your mind active and processing new ideas. Rarely will you feel like you're stagnating. Instead, you're more likely to find a plethora of new passions you never knew existed within you.

"Develop a passion for learning.
If you do, you will never cease to grow."

~ Anthony J. D'Angelo

Step Outside Your Comfort Zone

In venturing outside of our comfort zones, we expand our horizons. Our own little world suddenly becomes much bigger, opening the doors to a vast array of new possibilities! With new possibilities come new opportunities and – you guessed it – new passion.

Outside your comfort zone, you'll be able to take actions you were afraid of, reach for dreams that you forbid yourself from working toward, and ***allow yourself the pride and joy of achieving the success you deserve.***

Stepping outside your comfort zone will be uncomfortable at first, but, once you get used to doing it, you'll wonder how you could've kept yourself so confined within it before.

A good way to get acclimated to the change is to do it little by little. Try simple things like taking a different route to work or trying ethnic restaurants with new types of foods.

"Nobody ever died of discomfort, yet living in the name of comfort has killed more ideas, more opportunities, more actions, and more growth than everything else combined. Comfort kills!"

~ T. Harv Eker

Think of life as a great adventure and wake up each day anticipating the exciting adventures of the day ahead. Each day, have a new experience to expand your horizon a little beyond where it was yesterday. ***Try one new thing,*** make one new call, meet one new person, and so on.

Soon you'll be used to new experiences and know that they usually turn out good. With your unfailing optimism, you'll be ready to ***take that leap of faith*** to re-kindle lost dreams and long-forgotten passions, and claim them with mighty action.

Give Thanks

Feeling gratitude for your blessings – and showing it – helps bring out your passion. ***When you feel greatly blessed, it's hard not to feel passionate about your life.*** It also attracts even more good things for you to feel grateful for.

When you awake, give thanks for all the good things coming in the day ahead. When you retire at night, give thanks for the blessings you received.

In between, say, *"Thank you,"* to everyone who brightens your day. From your child who gave you a hug, to the stranger who opened a door for you, let them know you're thankful for what they did.

Expressing your gratitude not only makes others feel better, and more apt to help you again, it also makes *you* feel better! It adds one more measure of joy to your day.

"We can only be said to be alive in those moments when our hearts are conscious of our treasures."

~ Thornton Wilder

Find a Career that Excites You

Are you happy in your career? If not, perhaps it's just not the right one for you. For most of us, a good portion of our lives are spent at our workplace. Our job has a lot to do with our overall feelings of success. Therefore, it's important that we enjoy what we do for a living!

If you don't like your job, then how can you be passionate about succeeding in it?

Can you imagine spending your time doing something you're passionate about* and *making a living from it?

This is not only possible, but you'll also enjoy much greater success following this path!

In pursuing interests that please you, not only will you have the passion that drives you to excellence in your field, but the enthusiasm will be contagious! Your enthusiasm can convert prospects into clients, and attract co-operation from business associates. Your passion can also propel you over hurdles by encouraging you to seek solutions and take appropriate action.

But how do you go about designing your career around your passions?

> **"Follow your passion, and success will follow you."**
>
> ~ Arthur Buddhold

These tips can help you bring your passions into your career:

1. **Determine your passions.** Oftentimes a career can be enjoyable even if it isn't about your most passionate hobbies. What do you enjoy doing? Meeting people? Working alone? Traveling in your work?

    - ***Seek out work opportunities that cater to what you like to do.***
    - Take a career aptitude test to guide you to new ideas and opportunities.

2. **Consider your own business.** You can start off by offering your own products and services part-time. Once you've built it up to your current level of income, you can transition into full time.

Also make a plan to address these items:

- ✴ What are the costs? How can you get these funds together? From savings? With a loan? How will you repay it?
- ✴ Research what you need to learn about having your own business. Paperwork and taxes can also be a passion-killer if you haven't done your homework or hired an expert to take care of these things.
- ✴ Prepare ahead of time by finding a mentor.
- ✴ Develop the skills you need to succeed. If it takes further education or practice, then take action to accomplish these tasks first.
- ✴ Acquire appropriate licenses or certifications.
- ✴ How will you market your business?
- ✴ Determine your USP. Your USP is your unique selling point. How will you be different (and better) than other businesses in your field? Will you offer bonuses? Fanatical customer service? You must establish yourself as unique in order to stand out from the competition.

The possibilities are endless when it comes to letting your passions drive your career. Do your research and then take action to make it happen! You'll be glad you did!

Show Your Love

Love is one of our greatest passions. ***The big secret to feeling more passion in your relationship is to demonstrate more passion yourself.*** Show your partner your love, respect, and gratitude for all they do. The more you show it, the more your partner reciprocates, and the more passion is ignited in both of you!

Always be honest with your partner and *listen* to their point of view to avoid misunderstandings. Honesty is *always* the best policy.

Be affectionate and playful. Some think that relationships are all work, but it's just the opposite! ***When it's fun being around each other, your passion comes alive*** and you naturally *want* to make each other happy.

When you have a difference of opinion, ***remember that you truly love this person!*** This person is the most important person in your life. This simple point keeps you from saying things you'll later regret, helps you be more patient, and enables win-win compromises.

**"You should be kissed and often,
and by someone who knows how!"**

~ Rhett Butler in the movie Gone With the Wind

And lastly, who can forget the immortal words of Rhett Butler in the classic movie *Gone With the Wind:* ***"You should be kissed and often, and by someone who knows how!"*** Yes, living in the moment and letting passion sway you, is always a plus for a passionate relationship! So what if you're in the middle of washing dishes? ***There's always time for a passionate kiss…***

Dream Big Dreams

An important strategy to create more passion in your life is to dream big. How can you even *desire* to accomplish great things if you limit yourself in your dreams?

Bigger dreams carry with them greater passion! They get you more excited about the possibilities that await you, if you only take action to make them come true.

So dream big dreams, and then follow the techniques you've learned in this book to ignite your passions and bring you the life you've always wanted – a life filled with passion, abundance, and fulfillment!

"Nurture your mind with great thoughts;
to believe in the heroic makes heroes."

~ Benjamin Disraeli