



Live with Passion!

A person without passion has no more value than a candle without a flame or fire without light. Passion means zeal, enthusiasm, or fervour. It is the force that relentlessly drives one forward. Passion is a burning desire that creates commitment to a person, project, or life. Every great endeavour has been fuelled by passion.

The opposite of passion is indifference. A society in which no one cares about their job or country is on the verge of collapse. Passion is the motor that propels us to our destination and the glue that binds our society together. However, not all passion is good. Adolph Hitler for example was passionate, but grossly misguided.

To be of value, passion must be illuminated by knowledge. Before giving your heart, you must make sure the object of your passion is ennobling, not destructive.



Also, passion is not to be confused with obsession. When you are obsessed, you are controlled by cravings. You become slaves to addictions and compulsions. The only progress you make is downward. Once you are in a tailspin, it's hard to recover by yourselves. So, if you find yourselves in such a predicament, you need to find outside help. Passion, on the other hand, is a conscious decision. You choose to devote yourselves to a worthwhile cause, such as your family, career, or charity.

Passion has magical power. It can bring the nonexistent into existence. For example, Walt Disney's passion helped him overcome severe setbacks, a nervous breakdown, and the discouragement of staff, peers, and friends. Acting against the advice of all, he transformed his dream of Disneyland into reality. Another magical quality of passion is its ability to lighten our load. With the wave of a wand, work becomes fun! Tedious effort becomes exciting! Passion is also a form of power.

You will also find that doors that are locked for ordinary folks suddenly open for those with passion. How can one resist their enthusiasm? Even if the doors remain shut the fire of their passion would burn them down! The passionate have big dreams and big dreams come with big problems. But who cares? Those with passion are focused on their goals, not themselves. They are wrapped up in their dreams, not their worries. They don't have the time or inclination for self-pity. When things go wrong, they learn from their mistakes and quickly continue on their way.

Consider for a moment, what are the alternatives to a life of passion? Would you rather go to work with a frown, instead of a smile? Would you rather lead an empty life or one filled with purpose? Would you rather delight in or dread the beginning of a new day? Would you rather be a survivor or a success? Whenever it is a matter of ability or passion, passion is always the victor in the battle for success.

Here's something to remember: *"The person who does not work for the love of work but only for money is neither likely to make money nor to find much fun in life."*

What if you recognize the importance of passion but somehow lack it? What can you do to nurture it? Well, recognizing its importance is the first step. Other steps you can take follow:

1. **Take responsibility.** The only bad hand you have been dealt in life was dealt by you. From today start living with the principle: "If a thing is worth doing at all, it's worth doing as well as you can possibly do it. Do it with all your might."
2. **You find what you look for.** Instead of looking for the bad in your job or situation, look for the good, for the opportunities, and for the solutions.
3. **Make a plan.** Once you've found some opportunities and solutions, make a plan of action. What should you avoid doing and what should you start doing now?
4. **Make a decision.** Now that you have a plan, decide to act on it. Set deadlines and start following your new road map to success.
5. **Stoke the fire of passion.** To keep passion's fire burning brightly, review the day's events in the evening, monitor your progress, relish your achievements and learn from your mistakes.
6. **Don't douse the flames.** You want to ignite your life with passion, but be careful of burnout. Work hard, but schedule breaks, leisure, entertainment, and family time. Don't forget to reward yourself occasionally.
7. **Recharge your batteries.** Make time for the gym, sports, long walks, or meditation to relieve stress, refresh your spirit, and renew your energy.
8. **Develop interest in life** as you see it; in people, things, literature, music - the world is so rich, simply throbbing with rich treasures, beautiful souls and interesting people.
9. **Take brief "awareness breaks"** throughout the day to remind yourself of the joy of being alive.
10. **Avoid negative people** and associate with enthusiastic people.
11. **Share your zest for life** with others. Brighten up their day. Their warm response will reinforce your passion.
12. **Do some mind-exercises.** That is: read or listen to motivational material to keep the flames burning.