

POSITIVE PASSION™

Seven Secrets to Loving Life and Work

BY MARINA ROSE

Ever find yourself gazing at your computer facing a 5:00 o'clock deadline, with fifty unread emails, a slew of unanswered calls, and a project in desperate need of inspiration, all the while thinking about your work simply as...well, work?

If so, then you're not alone.

Whether it's to reframe your current career or business goals, or to give serious thought as to why you're actually doing what you're doing in the first place, most of us have been there before. If you hear that fiery and passionate inner voice grow louder, than your conservative and play-it-safe voice of reason, then you know it's time to give pause, take stock, and take

a good inventory of your dreams.

Everyone needs a little career inspiration from time to time, but it's not always easy to take that leap and make a change when fear, worry, and doubt begin to creep in. Often we get stuck and utterly gripped the very moment we begin to contemplate even the slightest shift in our life or career. However the first step to finding that inspiration is to find the courage to take a risk, because as the saying goes, the risks we don't take are usually the ones we regret forever.

As Nelson Mandela once said: "I learned that courage was not the absence of fear, but the triumph over it." I couldn't agree more.

It takes courage to change and true commitment to follow your dreams. Finding courage often means we need to push ourselves out of our comfort zone and venture into the unknown. That requires trust, including trusting ourselves, knowing that

in the end, regardless of the outcome, we come out better than before, because change keeps us moving forward, even if our dreams still remain somewhere out there, forever on the horizon.

Major life changes always require us to live on our personal edge, and when we find ourselves at a crossroads in life, that's the moment of decision and choice. It's the moment that we listen to our inner voice and heed its advice, exercising our courage muscle to make the right turn.

Finding the courage to follow your inner compass to live the life that you love is the first step to finding a career that inspires great passion for what you do, or what I like to call Positive Passion™. The secret is simply to figure out what you love, and then without hesitation, work to transform that passion into a healthy, thriving, viable business or career. The change may challenge you, but the payoffs are huge, and the rewards go far beyond merely money or fame.

AND GUESS WHAT?

It's actually a lot easier than you might think.

Ask yourself: "If I could do anything for eight hours a day for the rest of my life, and money was no object, what would I do?"

Don't think too hard before you answer. Your true passion is probably the first thing that comes to mind.

Positive Passion™ is the energy that drives us and keeps us going. It gives us purpose and keeps us filled with meaning, excitement, and anticipation. It's the single most powerful force in accomplishing our dreams and goals. In fact, with just enough passion anything we set our minds to is altogether possible.

Passion for our work is especially important because work is something that most of us spend most of our lives doing. Whether it's forty hours a week or sixty+ hours or more, we likely fall into one of these categories or somewhere between, and the hours spent working each day far exceeds the time spent doing anything else. So why not spend this time doing something that we love?

Work brings us intrinsic joy, but sometimes we just need a little bit of inspiration to get our Positive Passion™ going. Here are some tips for pinpointing your passions and seven secrets to start loving your life and work.

1. LET GO OF FEAR

Too many people are not living their dreams because they are living their fears.

2. REMOVE MONEY FROM THE EQUATION

What would you do if money were no object? This is the first step to finding true love.

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3. REMEMBER WHY

Make a list of compelling reasons why you love what you do. Find a way each day to add something to it.

4. GET INSPIRED

Make a vision board to surround yourself with images that get you inspired. Gaze upon it

and watch your awareness and passion grow.

5. MOTIVATE

Ignite a fire. Roll up your sleeves and just do it. You'll never know what awaits until you try.

6. KEEP THE FAITH

Have faith in yourself and release all doubt. You deserve this life. You are worthy.

7. NO REGRETS

Remember there are no mistakes in life. The only failure is living life without trying.

And remember, every great dream begins with a dreamer.

Now go out there and fire-up some true Positive Passion™!

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