



From Passion to Acton

Lets face it, our lives are becoming more and more complex by the day. Do you ever find yourself asking question like ... "What do I want out of my professional life?" "Am I getting my message across?" or "What is my passion?" These and many other questions like them drive us for answers to get ourselves balanced both in our personal and professional life.

When faced with wanting an answer to these questions we need to remember to remove ourselves form the situation and come at it from a different angle. Einstein said, "You can not solve a problem for the level of consciousness from which it was created" Try out these strategies and see if they help you with a deeper sense of clarity.

- Vocalize your Desire.
- Be willing to ask the "right" questions.
- Clarify your intent
- Express intentions with passion.

Vocalize your Desire

Get it out of your head. By vocalizing desired outcomes you give voice to that which you truly want for a specific project or assignment. It is the first step in the healthy development of making a change in your life. Quite often you might say, "I want to spend more time with family and friends." You see your work life as successful but feel that that you are missing out on some important things at home. Giving words to these thoughts creates awareness around what you see as needing to be changed. It is that "in your face" desire that has meaning to you. Yes, you may say this is like talking to yourself, be kind to yourself, hear the desire and then once you are comfortable with the desire, share it with others so they can hear what it is that you want to change. Hearing your desire is the first step to attaining your goal.

Once you have it vocalized write it down. We all know that writing down our goals (desires) greatly impacts the realizations of those goals. By writing down your desires you not only begin to visualize them but you form the framework for developing the "right" questions to ask.

Be willing to ask the "right" question

By asking the "right" question you are asking for guidance from others. You realize that you are not the only one involved in the decision process. It may come as a relief to know that you are not alone, or should I say you don't have to be alone, in making these changes to your work or personal life.

We can define others as family, friends, colleagues or even a higher being. Personally, I always start by asking for guidance from God and the universe. In doing this I may find myself alone either on a walk, meditating or even while at the gym. Once having listened and heard I seek the advice of a close advisor, mentor or my coach to develop a strategy around how I am going to form the questions needed to make this desire a reality.

You may have a different approach and a different process. That is what makes each of us unique. What binds us is that we are not

alone. You choose the process for making your desires realities. By sharing with others you realize that those obstacles that looked like mountains are really just a small bump in the road.

Consider the saying "Ask and you shall receive". The outcomes of this quote are far-reaching and valuable. These outcomes form the basis for your intentions. Being clear about your intentions help you reach for and attain that goal.

Clarify your Intent

An intention as defined by Webster's is "the act of determining mentally upon some action or result." What does this all mean and how does it apply to making a change in your personal or professional life? Look at it this way. If you know that you want to spend more time with your family and friends. You have expressed this desire and sought out the guidance to make this desire a reality. You know that you are mentally determined or not entertaining any doubt in making this desire a reality.

Now I know what you are going to say. "I vocalize my desires all the time; I even write down some of these goals. I talk to people, sometimes God and even myself (ALL THE TIME) and quite honestly feel very clear about my intention to achieve a desired goal, however, nothing seems to ever change." I want you to know that I hear you and understand, I have been there myself. What I would ask you to do is consider this. The key, which takes a desire and transforms it into a reality, is Passion.

Express your intentions with passion

Trying to attain any goal without passion is like trying to drive a car without gas. It is just not going to happen. So what is passion and how do we find it within ourselves? I would like to refer to Wayne Dryer for this one "....everyone has a desire to rid themselves of their problems and reach a higher state of happiness and fulfillment...the desire is there. But a burning desire is something quite different. This is like having an inner candle flame that never even flickers, though the very worst goes before you. This is an inner desire that can never be extinguished by outside forces. It burns within you and it must be satisfied."

Once you find your passion and are clear about your intent. Nothing can stand in the way of making your desire a reality. Whether it is a new level of sales, a higher position within the firm or a better relationship with your family.

When thinking of passion, I am reminded of some of the students that I coach at The Weatherhead School of Management as well as some of my clients. In both cases they took adversity and without any doubt in their minds took their desires and are making them realities. They did not consider a soft job market a deterrent to pursue a specific career or a weak economy a reason to not launch a business. Put another way "to the disbeliever it is a miracle but to the believer it is just what is".

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