

1: How to Create Passion And Be Successful

Then to create your passion, and to be building on your strengths, is not the end game. It's just the beginning! The way most people try to FIND their life purpose is a classic case of falling for "the grass is always greener".

Thatcher, sophomore year in high school, taught us about potential and kinetic energy. I was way more interested in Pam Miller, who sat perilously close to me. But on Mr Thatcher droned inspired but not inspiring. Now, thirty years later, Pam has three kids and is a friend of mine on facebook. We never did the deed, but I lusted after her in my young heart. I am not sure where Mr Thatcher is but I hope somewhere wonderful. Somewhere between my wild young lust for Pam and my boredom with Mr Thatcher is passion. Actually it is always in the same place. And it is easy to find once you know where to look. Finding Passion If you misplace your keys you try and remember where you last had them. In short, you are screwed without them and to some degree, the loss of them dominates your life. Your keys could be lots of different places. It is waiting for you, patiently, ready to inspire and delight you. I will quickly and easily teach you how to find passion anytime you want, as much of it as you want. If you are as smart and driven as I think you are, you will consume passion as it consumes you and get more done in less time with way more joy than ever before. Bear with me for just a moment as we return to science class so we can discover passion. Passion is About Energy There are two kinds of energy: Kinetic energy is energy being expressed. It is you in the process of reaching for the salt shaker. It is you running around the track or cross country. It is you falling off a stool late at night after having made some bad judgments earlier in the day. Kinetic energy is energy expressed. The second kind of energy, which is not better or more powerful than the first kind but more important because we tend to ignore it, is Potential Energy. It is the energy in your belly right before you do a sit up. It is you at the starting gates, muscles on the ready, in the blocks right before a hundred yard dash. Potential energy is all about possibility. Kinetic Energy is energy already being expressed. What is Kinetic Energy? What is Potential Energy? Knowing what Kinetic Energy is and Potential Energy is will allow you to tap into passion anytime, all the time or just when you need it. It is always there. I recall being at the end of a diving board, a high dive about ten feet above the surface of Pine Lake. I had climbed the stairs to get there, increasing my Potential Energy, and could jump any moment, and express some Kinetic Energy. On the end of that diving board I was the most alive I could be. Almost jumping, almost falling, almost remaining where I was. The feeling of being that alive is exactly where Kinetic and Potential Energy meet. Passion is always waiting for you at the border between these two old energy pals. The Bad News Passion is available only in the moment. Once you jump you are Kinetic. Before you jump you are Potential. It is there and then it is gone. Standing on the diving board is pre-passion. Falling toward the water is post-passion. But as you jump is ripe with passion. Passion is waiting patiently for you in each moment. Each moment passion is available. Your spouse or partner may be busy or unavailable on Saturday night but passion is always available. Passion is anywhere and everywhere Kinetic and Potential Energy meet. They meet just about everywhere. You put your attention on what you could do or what you are already doing: The Really Great News You can return to passion simply by beginning to notice that Kinetic and Potential Energy are always meeting and playing tug of war with whether something is going to happen or not. Begin to notice Kinetic Energy: And Potential Energy, what might happen and is poised ready to happen. Focusing your attention on these two kind of energy taps into and frees your passion. It reminds you that basically and naturally you are always passionate, always full of passion. Lift the fork five inches above the table. You have just used Kinetic Energy to lift the fork and you have also increased the Potential Energy by making the five inch fall possible or even likely. Focus your attention on holding and almost letting go of the fork. Feel your passion right there. Feel your presence too. Continue to notice the dance between Kinetic and Potential Energy and you will become a passionate master of passion-getting so much done with so little effort. Passion is waiting for you! His mischievous smile will tell you right away he has found the lighter side of spirituality. Sink into the bliss of being, visit [Lightening Up and Letting Go](#), his personal web-resource on modern spirituality. Erin shows overscheduled, overwhelmed women how to do less so that they can achieve more. Traditional productivity booksâ€”written by menâ€”barely touch the

tangle of cultural pressures that women feel when facing down a to-do list.

2: 6 ways To Create Passion In A Relationship - Food & Dating Magazine

Passion doesn't last, but it is available in the next moment, and the next, and the one after that. Passion is waiting patiently for you in each moment. Each moment passion is available.

Photos by Idea-man and TeeRish. We read about it in magazines, blogs and news stories. Every day in the media we see it. What am I talking about? Passion for a cause, a product, a candidate or a company. You can easily read yet another story of a team that put in a Herculean effort to get their product out the door, their company launched or make that last deadline. What is it that drives groups like this and is there anything you can do to create the same passion in yourself and the people around you? At what point does being at work stop being work and turn into something enjoyable and satisfying? Many of us manage teams of people during our day jobs, and with the right team and working environment this can be an enjoyable experience. You may be leading a software development team, creating a product or working on a political campaign. Motivation is the act of creating passion and passion is the fuel for great teams. Great teams feed on passion and leaders know how to nurture and instill passion in their people. I believe these lessons can be applied to our personal lives too. Paint a vision of the future Your goal as a leader is to develop a compelling vision for the team. If you do, you might as well hang it up before you get started. By simple, I mean something that creates the most impact with minimal effort. On a personal level " what is your vision of the future? Do you even have a vision? Take time, dig deep and develop the vision of your future. In every situation that arises at work and at home too , things are never as they seem. You may notice someone coming in late and leaving early and start to think " what a slacker. You may even complain about this person. Break a rule for the team I really like this tip and have used this successfully on various projects. At the time I was leading a team on a project that impacted everyone in our organization and it was important that my team was passionate about their work. NO one was allowed to wear denim in our office. But, I bought them anyway and I took a little heat from my manager. But in the end everything worked out. The team loved the shirts, was motivated, and put in the effort to get the job done on time. Breaking a dress code rule is always a great thing to do for a team. Telling someone what to wear is the ultimate form of control and everyone is reminded of what their parents wanted them to wear when then were teenagers. The most successful teams have that type of passion and drive. The original Macintosh team had it, teams at Microsoft, Netscape and now Google have that drive. Overcome an enemy Every team needs an enemy to overcome. An enemy needs to be overcome in order for the team to be successful. If there is no clear enemy, then you need to create one. A team that is having fun will support the cause and will work hard. When people are listened to and know their opinion is valued, they will work all the harder when the time comes. People need to be free to perform their absolute best. Great leaders surround themselves with great people and then get out of the way. Sensible and flexible As a leader you have to understand people have lives outside of work, and lets face it " things happen. Kids get sick, the car breaks down or your toilet erupts like Mt. Showing understanding and flexibility will pay huge dividends when the time comes. This also means using failure as a learning experience. Your team needs to feel they can take a chance and not be punished. I confidently walked into the office and what I saw was a sad sight. Before me was a room of people with a dead pan look on their faces, furiously coding at their terminals. I tried to stir them from their stupor, but then I realized the problem. The team leader had sucked the life out of these people with his lack of leadership and constant badgering. After a year, he almost had me broken, too. But fortunately I escaped in the nick of time and he is no longer employed at our company. When looking at new opportunities or projects to join, I use the tips above to evaluate the leader and to get a read on the team dynamics. Erin shows overscheduled, overwhelmed women how to do less so that they can achieve more. Traditional productivity books"written by men"barely touch the tangle of cultural pressures that women feel when facing down a to-do list.

3: You don't find your passion, you create it | Joshua Spodek

I expect to create my passions. " What must I do if I want to find what my passion is right now, today, right this very moment Find something you like and build it.

We constantly kill ideas that have the potential to be great by worshiping them in their current form. Cal Newport wrote a stunningly great book and named it after a Steve Martin quote: The gist is simple: Working right trumps finding the right work. I have had a fishy feeling about the swaths of unhappy people running around yelling about following your passion and money and infinite happiness will find you. I felt something was off and, even in my quest to see things as honestly as possible, I was blind to it. In every work of genius we recognize our own rejected thoughts: The only sustained passions I have ever had are ones that I developed. I was drawn to day trading because it resembled a computer game and when I got good I could make a bunch of money – it became a passion. I had a job in internet marketing and the harder I tried to become a master the more I liked it until one day I looked at my computer screen and realized I had become passionate about it. I used to play semi-professional paintball with Will and found myself, after six months or so of training hard, to be truly passionate about the sport. I began writing years ago because I had some ideas I needed to tell more people than I could talk to – now you and I get to share in this particular passion. I am passionate about Eastern ideas and the present moment – but I developed this passion after a severe depression drove me to read everything I could find on the subject. I love thinking about difficult things. I love solving problems. While these passions developed there were a million other things that I thought I was passionate about. I day dreamed about them then started them and then stopped caring. We wait for the instant spark of passion. The excitement and romance that will drive our lives forward into the fairytale sunset. Will and me having a blast and a half on a paintball field. The answer is liberating: A lot of this advice comes from people trying to get paid for no other reason than being excited about that message. Of course there are a lot of people who should leave their jobs. There are a ton of people who hate their work. I wonder, though, how many people hate their work because they fantasize about traveling the world with their laptop and writing about it. I am not defending bad jobs. What I am saying is that the way we work deserves a lot more attention. If you have passion in life and you can see a career path that lets you tap into it then, by all means, attack! The myth of pre-existing passion The importance of skill The importance of control The importance of mission The rest of this blog article will summarize these sections. Cal provides an inspiring alternative to the helpless reliance on an unfelt passion many experience. I tell this story because these are hardly the actions of someone passionate about technology and entrepreneurship, yet this was less than a year before Jobs started Apple Computer. In other words, in the months leading up to the start of his visionary company, Steve Jobs was something of a conflicted young man, seeking spiritual enlightenment and dabbling in electronics only when it promised to earn him quick cash. Newport goes on to show the rarity of true pre-existing passion: Things happen in stages. It turns out that oftentimes passion is a side-effect of mastery. The more we focused on loving what we do, the less we ended up loving it. There are two reasons he dislikes the passion mindset: Newport later talks about the importance of courage in different areas of managing your career, specifically when others tell you to take a promotion with less control when you need to fight to maintain autonomy. The job presents few opportunities to distinguish yourself by developing relevant skills that are rare and valuable. The job forces you to work with people you really dislike. There are Five Habits of a Craftsman: He uses the example of writing – the only thing that matters is your ability to write. There are many different types of career capital, and each person might generate a unique collection. The clean-tech space is an auction market. This is an automatic answer if you are in a winner-take-all market like writing – your capital is your writing! However, if you are in an auction market then you need to decide where to focus your energies. Define how good your skill must get to progress. Later in the book he recommends measuring the time you spend in deliberate practice each month. Turn Down a Promotion Or, the Importance of Control – if your goal is to love what you do, your first step is to acquire career capital. Your next step is to invest this capital in the traits that define great work. Control is one of the most important targets you can choose for this investment. He

then describes how so many people that try to grab control of their career without any capital end up losing. Without career capital, control is often unsustainable. When you get enough career capital to take control you will also be hitting the point where your boss never wants you to leave. They and those around you will pressure you into staying or moving into a situation that may have less control but more pay. This switches the order most of us like to attack the idea of a mission. We feel we must first have a mission to energize our work. Once you get to the cutting edge, however, and discover a mission in the adjacent possible, you must go after it with zeal: Newport quotes Peter Sims: These bets allow you to tentatively explore the specific avenues surrounding your general mission, looking for those with the highest likelihood of leading to outstanding results. First, it must compel people who encounter it to remark about it to others. Second, it must be launched in a venue that supports such remarking. Well, there are some good things Cal Newport wrote. Author Kyle Eschenroeder Thanks for taking the time to read this! Let me know what you think - the good, the bad, the ugly - in the comments below.

4: What should I expect when I go to PASSION NATION? on Vimeo

If you can't say the word 'passion,' how do you expect to create it in your life? Alternatively: If you want passion in your life and relationships, shouldn't you get comfortable using the.

Scott Adams Writer of Dilbert and serial entrepreneur: Anyone can have passion in the right situation, so it makes it sound like you can do what they did. One strategy for getting ahead is being incredibly good at a particular skill; you need to be world-class to stand out for that skill. In my case, I layered fairly average skills together until the combination became special. Because I have all of these things in sufficient but not world-class quantity, it was the combination that made them successful. So, if you studied engineering, you could probably be a good engineer. What do you think? That stuff will protect you against your failures, as well as give you energy to try more things. So if the goal is to try more things until luck can find you, the place to start is your fitness. I have taken a similar approach to Adams. I base my long-term decisions on 3 factors: Will doing this free up more time? Will doing this give me more energy? Will doing this help me make more money? When I first made up my mind to get in excellent physical shape some years ago, I made that decision from a long-term perspective. There were 3 main reasons why I was motivated to make it happen: So it was a no-brainer for me, and my motivation never faltered. He gives the example of a guy whose passion was hip hop music, and decided to set up shop in the neighborhood he lived. The problem was that there was a demographic mismatch. Mostly elderly people lived in the neighborhood: Is a year-old grandpa the target market for hip-hop gear? The obvious problem here is selfishness. The owner is following his passions, and his love for hip-hop music and culture. And then finally we have. Mark Cuban billionaire entrepreneur Who gives "in my opinion" the best answer. Was it the passion or the effort you put into your job or company? If you really want to know where your destiny lies, look at where you apply your time. Let me make this as clear as possible: When you work hard at something you become good at it. When you become good at doing something, you will enjoy it more. When you enjoy doing something, there is a very good chance you will become passionate or more passionate about it. When you are good at something, passionate, and work even harder to excel and be the best at it, good things happen. It will lead you to your passions and to success, however you define it. And you must want it. You must put in that period of initial investment "and immerse yourself. And it works by creating lots of mental associations on a topic in a short period of time like by studying the history of the topic. They do the exact opposite: They just search and search, without ever immersing themselves in anything. And then they do more searching, because their searching has become habitual. These people are hopeless. It sounds nice "but it has zero practical value. How to Have a Successful Career: Right click the image, open in a new tab, and download for free. You find your strengths slowly by reading and analyzing books, learning from experience, and by being around smart people. It may take a while. I want you to read this free book "Managing Oneself by Peter Drucker" and take notes. Here are a few relevant excerpts. Success in the knowledge economy comes to those who know themselves—their strengths, their values, and how they best perform It takes far more energy and work to improve from incompetence to mediocrity than it takes to improve from first-rate performance to excellence. You can read my thoughts on this here: And this is one of the reasons I write a lot and analyze what I do. You should keep a journal and take notes before and after important decisions. Because it helps with two things: Practiced consistently, this simple method will show you within a fairly short period of time, maybe two or three years, where your strengths lie—and this is the most important thing to know. The method will show you what you are doing or failing to do that deprives you of the full benefits of your strengths. It will show you where you are not particularly competent. And finally, it will show you where you have no strengths and cannot perform. Two or three years!?! But I want to find my passion now! Create a consistent process "and stick to it. Stop searching and start immersing. Successful careers are not planned. They develop when people are prepared for opportunities because they know their strengths, their method of work, and their values. Knowing where one belongs can transform an ordinary person—a hardworking and competent but otherwise mediocre—into an outstanding performer. Indeed "prepared being the key word. For example, I know a

guy who makes good money simply by the virtue of his people skills. This was a smart long-term strategy. Because it eventually allowed him to meet influential people who liked him, and recruited him for their new company. This young guy is great at hanging out with clients. Much better than we are. My friend anticipated that something like this would happen sooner or later. Because he knew his strengths. If you want to do the same thing then. You want to figure out the answer to questions like these: How do I perform best? Alone or in a team? What are my strengths? Where does success come naturally for you? What are my weaknesses? Where do you consistently fail? How do I learn best? Do you prefer reading or listening? Do you learn best when you explain to someone else? Do you learn best by applying what you learn? So I have put together a framework for learning where I combine all these things. But some people are more extreme: Churchill was an excellent listener. Hitler liked giving monologues – he was a talker. Eisenhower was a reader. What will you stand for? What will you not stand for? After you figure that out you start working on the final question: Given my strengths, my way of performing, and my values: How can I make the greatest contribution to what needs to be done? A tip for answering tough questions: When you start working – yes, it takes time – on these questions, a good idea is to begin by inverting. Turn each question on its head. For example, ask yourself: How do I perform horribly? Stick to Actionable Advice Passion?

5: How to create PASSION & INTIMACY! - Daily Love with Mastin Kipp

Learn how to create your passion instead of trying to follow. Cal Newport's "So Good They Can't Ignore You" lays out a new perspective on work and passion. Learn how.

Stop Looking Everyone sits and looks, and Some people spend their whole life looking for their passion. The thing they were meant to do in life, The one thing that gives meaning to everything they do. This cannot be found. If you want to become passionate about something, Be mindful towards it. I became passionate about art by accident. Back in my elementary school days, I thought that artists were weird And stupid. I felt it was a waste to sit and paint or draw all day. That paintings were just a waste of space in the world. In my early teens, I was bullied horribly. At just 12 years old, I was suicidal and was on a downward spiral. At age 13, I was addicted to cutting myself. And often thought about what it would be like to kill myself on an overdose of pills. I spent most of my days thinking about death. When setting up my classes for the year, They put me in an art class against my will. I was so angry and tried to fight it. But they told me I had to take the class to fit the requirements for the school. There were a lot of classmates in the class that bullied me pretty bad. One day we had to draw a self-portrait, And of course, half the class made jokes that my ugly face would break my teachers camera. Ironically, The camera started having issues after she took a photo of my face, Which caused more laughter. The assignment was to draw the other half of your face, Easy enough right? I decided to do my best to ignore everyone around me and focus heavily on my drawing. I had never created a nice drawing before that. I was Mindful Of each pencil stroke, as I focused. Trying to mimic each facial feature that I have on the other side. Something happened, For once I had fun drawing, It was enjoyable. And I showed potential to be good at it. While I spent my whole life hating art, Giving it a fair chance and focusing on what I was doing, and learning to enjoy it. Gradually over the years became a deep and ingrained passion that I now have today. Create Emotion When you add emotion to something, Not only does it become memorable, But it can start to build a passion. My passion for art developed when I channeled all the negative emotions and all the pain I was suffering into my art. And used that to relieve my pain. You can try and be mindful of what you are doing, and try and turn it into a positive experience. But so many happy, Life changing experiences and moments that defined who I have become as a person, Happened in one of those dimly lit trailers while I was scanning and loading boxes. A few years ago, I painted myself and took pictures, For fun! But many people spend too much time "looking" for their passion, Instead of creating it with what they have. What do you love about what you are doing right now? How does the thing make you feel? How can you experience more emotion from it? Can you make the hobby, Task, Job more fun? Laugh a bit more? Use it to relieve your pain?

6: Why accepting change is vital to your professional success

So, how does one CREATE passion in a relationship? Well, Jenna and I have come to see that by through going through the dark times, the triggers and the tough times in a relationship - it is by weathering those storms that passion is earned and revealed.

It is our joy to introduce you to our church. Passion Church is a non-denominational charismatic church located in Tucson, Arizona. Passion Church is focused on loving God with all our hearts and loving others like ourselves. We passionately pursue the presence of God, and we worship Him with great passion and freedom in our church services. Our passion is to provide a place where people just like you can have a life-changing experience with God through the Holy Spirit. At Passion Church, we welcome all people from all backgrounds, regardless of where they are on their spiritual journey. We have a heart for the poor and disadvantaged, ministering every week to those who need food and prayer ministry. We are also a missions-minded church, starting here in Tucson, then spreading out locally, and internationally. We believe we have a strategic call and placement in our city, and that we are destined to help bring transformation to our city and region. We are also related to the Partners in Harvest network of churches as a Friends In Harvest ministry www.friendsinharvest.org. Please take a moment to explore our website to get a glimpse of who we are and what we are all about. Feel free to contact us if you have any questions. Usher team members are available throughout the building, and they would love to help you with whatever you may need. We want you to feel welcomed and accepted, no matter what your circumstances of life may be. Our services usually begin with around forty minutes of worship. Our music is passion-filled, energetic, and expressive. You will often see different creative and prophetic expressions of worship in the congregation including flags and dancing. This is a time for you to communicate with God and experience His presence in your life. The service is dismissed around 11:00 AM. You are also welcome to join us for pre-service prayer from 10:00 AM to 10:30 AM. We want you to feel comfortable. **NURSERY** During worship and throughout the service our parent-child room is available at the rear of the sanctuary for you to bring your young children. In the parent-child room you may continue to listen and watch the service while serving your little one. A fully equipped changing station is located in the parent-child room. Our nursery opens immediately following worship, at which time our nursery team is available to care for and love on your children. You may bring your children years to the nursery at any time after worship. Ministering to children is a great joy and privilege as well as an awesome responsibility. We strive to create an environment where learning about God is coupled with knowing God and His great love for us on a deep personal level. You may check in your 4 yr old- 6th graders before service in the church lobby. Weekly emails are sent to parents to let you know what your child learned on Sunday and how you can help apply the lesson. We are zealous about reaching our youth and helping them build lives that are strong and thriving in every area. They meet with a heart and passion to see the Kingdom of God expand and increase on the earth. Centered around the desire to build a community of young adults, this group is focused on relationships with God and with people. With a mixture of worship, bible study and fellowship activities, our goal is to create a group of young adults that is passionate for God, each other, and our community. There are many opportunities to get involved in addition to Sunday morning services. And as you get to know us, other new and exciting opportunities will unfold before you and your family. We look forward to getting to know you!! For more information about us, read about our pastors and elders, core values, and statement of faith. For contact information or directions, please click [here](#). Please send us an email to info@passiontucson.com.

7: What to Expect - Passion Community Church

We work hard to create an exciting worship experience where people can be engaged with a real God, connect with genuine people, be inspired to live a life of pure passion, and live out an authentic faith.

Share on Facebook Share on Twitter Like most people, you may find that confidence is sexy. So is being mysterious, outgoing, a kind-hearted person, and knowing about boundaries concerning availability. So what about passion? How does that come about? Well, that comes from incorporating confidence, a sense of mystery, being outgoing, kind-hearted, and knowing how to establish boundaries, into the relationship. In this article, I explain how to incorporate each of these aspects into the relationship to create passion and a date night idea that may bring the passion to your lover in a way that will make them hungry for more. Confidence Confidence is most important for a reason. Confidence gets the attention of those around you when you walk with good posture and speak with self-respect about yourself. Confidence is needed for you to walk up to someone you like and introduce yourself, and it is also needed in being comfortable with trying new things in bed. Without confidence, you may be left feeling hopeless. This creates no mystery, and nothing to look forward to learning about as you or they become an open book. Outgoing Not much will keep the relationship alive if neither of the people involved in the relationship goes out and experiences life. This is also true when dating. Dates are all about trying new things together as a couple and going home or someplace private to talk about the experience and lessons learned. Without being outgoing, you may never grow together as a couple, and no one wants to remain stuck in a relationship of any kind out of comfort. Kind-hearted Without kind-hearted people, no one would want to get involved in relationships with these people. Kindness can help people want to open up and share feelings, which is essential to have a healthy relationship. Kind-hearted people are also supportive, and the support is what is needed, to know that you and your lover will get through the hard times together. Boundaries Knowing and establishing boundaries helps to keep both people who care about each other, safe in the relationship. This is where consent is talked about and accepted, and where trust is formed. Without boundaries, there may be no way a relationship can flourish, especially since no one really wants someone who is up for anything as that could lead to risky and unhealthy behavior. Passion Without passion, of any kind, life would be very dull. It also helps to have a passion outside of the bedroom too, in terms of activities. So passion goes a long way to sustain a relationship and keep it alive. Now that you know how to create passion, how do you send that energy to your lover? You need to show off your social skills, which will impress your lover, especially if you are kind-hearted. Lastly, you need to set boundaries so that no one gets hurt. All of this will make your lover desire you, and the passion may be able to build. A bonus for both of you if you both remain healthy individuals by taking care of yourselves and go about this process with a healthy can-do attitude. An example of a date night idea could be a candlelit dinner with flowers. Rather than having your lover come home and be surprised, why not have your partner go into another room and wait for the surprise. The wait will make your partner curious, and seeing their face when you are done may give you much joy. If you then have good conversations about your day and how you took charge of your life, you may find that your partner finds you interesting once again, and is desiring you in more than one way, resulting in a passion that will give both of you very much joy. It is now all up to you on how to go about releasing that built up passion.

8: How to Instill Passion in Others (And Yourself) Pick the Brain | Motivation and Self Improvement

The difference between passion and purpose? November 11, Leave a Comment Written by Patty In our quest to fulfill our true purpose, we focus on our passions, put all our energy into it and expect to be more content and happy.

Those employees who embrace and initiate change will thrive, while those who complain and fear change may be headed for the unemployment line. Employers feel strongly about the need to have employees who are successful change agents for their team and their organization as a whole. What exactly is a "change agent? Are you a change agent for your organization? Can others count on you to make sure things go smoothly? Do you continue to take care of business in the midst of change? Although some employees have been conditioned to fear change, we must not lose sight of the fact that change is normal, and most of us will experience unpredictable changes in both our personal and professional lives. In the workplace, changes can occur as a result of new thinking, advances in technology, innovation and progress, knowledge and communication, as well as mergers, takeovers, layoffs, and downsizing. These organizational changes can directly affect our professional lives as well as our personal lives. They may also lead to feelings of sadness, frustration, grief, and anger, especially when jobs are lost or worse, when an entire organization ceases to exist. Knowing that, then, why are so many people resistant to it? The number one reason is fear, although very few people are willing to admit it. None of us want to acknowledge that we doubt our ability to integrate new ideas, use new technology, or adapt to new organizations. Fear can have several components: Fear of the unknown: What will happen to my organization, my job, my life, as I know it now? How secure is my future? Fear of not being in control: What should I do? Should I just wait around while they make decisions that could seriously affect my life? Fear of being inadequate: I know how to do this job now, but will I be able to do it as well as they expect me to when everything has changed? Fear of moving outside your personal comfort zone: Why do we have to change what has worked so well for so long? No matter which category your fear falls in, one thing is for sure. The more we fight and resist the change, the more painful and frightening the changes will be. Change will happen no matter what. We will handle it better when we learn to move with the change-not against it. Plus, this is definitely not the time to drag your feet because managers are not inclined to take employees by the hand and lead them through the change process. Communication is Key There is no doubt that employees often view change from a different perspective than their supervisors. This is why communication is so vital during any change circumstance. Change will require open communication on both sides. Unfortunately, fear has the power to freeze employees in their tracks and prevent them from expressing their ideas and opinions. When faced with change we must always ask ourselves this important question: Does my resistance to change have anything to do with my own fears? We know we will have to work a lot harder. Are we willing to let go of the present to embrace the future? We may not know what the future will bring, but we are responsible for what we bring to the future. The Positive Side of Change If you routinely describe your current job as boring, mundane, or menial, then perhaps a change is good for you. One of the most positive aspects of change is that it is never boring. On the contrary, it can create passion. And passion-and the excitement, creativity, and energy that accompany it-is the spark that keeps us going. That igniting charge is sparked by the challenge of change-learning new things, meeting new people, growing as professionals, and taking risks that push us to reach our potential. None of that can happen unless and until we are willing to experience the fear that inevitably arises when we move out of our comfort zones. No risk, no fear; no fear, no passion; no passion, no fun. If we want passion back in our lives, we must be willing to meet the challenge of change. What might that mean for you? Perhaps it might involve going back to school, learning how to work with a computer, working with a team, taking on new responsibilities, or redefining a career path. If you want to remain employable, you may have to change more than just your attitude and your reaction to change. You may have to change some of your ideas and goals to create a better future for yourself. Embrace Upcoming Changes Many people are content to live their lives by playing it safe. They might be good at giving all the best-sounding reasons why this particular change is not right for the department, the organization, the team, or the customer. However, their underlying concern may be their fear about how the change will affect

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them-their job-their lives. Think about what you really want. Comfort at all costs? The good old days? If, instead, you want challenge and welcome change, you will always be employable. Written by Connie Podesta
Connie Podesta is an author, counsellor, educator, humorist, playwright, consultant, songwriter, actress and trainer.

9: Passion Church - What to Expect

The entire Passion Test process is available in this online home-study program called "Your Passion Plan." If you're not sure what your passions are and you're ready to discover them, we've created this program just for you!

I wrote the following slightly edited. It comes from in here. How do you create something in here? Not by looking out there. By growing, learning, building, exploring, and developing skills in here. Stuff out there gives you something to work with, but your passion is inside you. You have a zillion things you like, each of which could grow to into one of, or the, overarching source of passion that drives your life. At first all I knew was it was something I knew was worth my time and I could get better at. The value came from what I put in. Finding your passion is like creating art or learning a skill. You get out of it what you put into it. Or like great sex, as you described. It may feel like it just happened, but you created it. You will have attracted a woman who is creating and wants to share the same thing. Another big piece of finding your passion is finding or developing a supportive community, which could be just one other person. You probably need at least one person in-person. I might have asked that question years ago, but no more. I expect to create my passions. Devote yourself to it. The point is to develop the skills to bring out from yourself greater emotion and learn to overcome obstacles, especially anxiety and fear. If you like rock climbing, go climb some rocks. Now you have a new perspective and you can pick something more than rock climbing. Then when singing peaks, look from your new perspective at what you can use to reach a new level. Maybe you find becoming a chef can take you past where singing peaked. Eventually you reach something you dig so much you never want to do anything else. Now you created your passion. Sometimes one growing passion morphs into another. Read my weekly newsletter [Subscribe](#) for a weekly update of musings on leadership, the environment, and burpees. Please check your email to confirm your subscription. There was an error submitting your subscription. First Name Email Address We use this field to detect spam bots. If you fill this in, you will be marked as a spammer. Unsubscribe at any time. Powered by [ConvertKit](#) Related Posts:

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