

Passion and Inspiration

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What does passion look like?

People express their passion in different ways. Because it is an internal experience (an emotion) and every person is unique, we cannot give you a definitive list of behaviours; however, people are generally good at sensing it. Passion is a form of energy; and, when people are engaged in something for which they have passion, their energy is palpable.



We can even sense this when our experience of the person is indirect; for example, through reading an article, watching a TV program, or even hearing a third-hand story. We may say, "That person is really passionate." And, often, we may also say, "They're inspiring!"

How do passion and inspiration relate?

Passionate people uplift us and help us sustain our own passion; or, encourage us to pursue our own passions, if we are lacking this form of fulfillment. How do they do this? Often, it is through both words and deeds: we learn what matters most to them and we bear witness to how they live and the choices they make in support of what matters most.

They show us we can have impact; that we can make a difference. They help us see our own capabilities and they demonstrate a way forward.

People from around the world send me examples of people who have impacted them in some way.

Recently, a man posted a video on You Tube to raise people's awareness about homelessness in an unusual way. Over 1 million people have already seen this but if you haven't it's worth taking a look!

<http://www.youtube.com/watch?v=QYXKaAzEJrk> Small, meaningful acts can have tremendous impact.



*One of our clients in Bermuda sent us this poster.
She thought we and our readers might enjoy it. Thank you Maria!*

THIS IS YOUR LIFE.
DO WHAT YOU LOVE,
AND DO IT OFTEN. **LIFE.**
IF YOU DON'T LIKE SOMETHING, CHANGE IT.
IF YOU DON'T LIKE YOUR JOB, QUIT.
IF YOU DON'T HAVE ENOUGH TIME, STOP WATCHING TV.
IF YOU ARE LOOKING FOR THE LOVE OF YOUR LIFE, STOP;
THEY WILL BE WAITING FOR YOU WHEN YOU
START DOING THINGS YOU LOVE.
STOP OVER ANALYZING, ALL EMOTIONS ARE BEAUTIFUL.
LIFE IS SIMPLE. WHEN YOU EAT, APPRECIATE EVERY LAST BITE.
OPEN YOUR MIND, ARMS, AND HEART TO NEW THINGS
AND PEOPLE, WE ARE UNITED IN OUR DIFFERENCES.
ASK THE NEXT PERSON YOU SEE WHAT THEIR PASSION IS,
AND SHARE YOUR INSPIRING DREAM WITH THEM.
TRAVEL OFTEN; GETTING LOST WILL
HELP YOU FIND YOURSELF.
SOME OPPORTUNITIES ONLY COME ONCE, SEIZE THEM.
LIFE IS ABOUT THE PEOPLE YOU MEET, AND
THE THINGS YOU CREATE WITH THEM
SO GO OUT AND START CREATING.
LIFE IS LIVE YOUR DREAM
SHORT. AND SHARE YOUR PASSION.

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