

## Passion is the key

Do you get up every morning full of energy and excitement?

Do you love going to work?

If you couldn't answer "Yes" to both questions then maybe you are not doing a job that gives you a sense of fulfilment or enjoyment. You probably are not in your ideal job or vocation.

If you get up at least twice a week with a distinct lack of enthusiasm for going to work maybe you should reappraise what you are doing in that job.

Take a look at many successful people and you'll see that they all have a passion for their life and to put it simply, using an old expression, "wouldn't be dead for quids".

For these people every day is an adventure and they have a very clear idea of what they are working to achieve in all aspects of their lives.

Thomas Edison is quoted as saying after 999 failed attempts at making a working electric light globe "I now know 999 ways how not to make the electric light globe" and then set about achieving his goal. He had a passion for discovery and a clear goal and added to that he persevered until he achieved his objective.

Many life coaches work hard to ensure their clients have the right attitude and develop their self confidence. This can be achieved by setting yourself clear and achievable goals, even if these stretch your capabilities, and breaking them into small steps.

A skyscraper is physically started with the turning of a sod of soil, just one small step in a very large project. The Architect started it with a thought and converted that into a working plan.

Masterpiece paintings are made by thousands of brushstrokes by the great masters – each stroke is a small step to the final picture. The artist has a clear vision of the finished work when he commences and often prepares pencil drafts, his or her plan, before committing paint to the canvas.

It is so much easier to be energetic and involved if you know why you are doing something. Ask yourself how others benefit from the work you do and also who benefits from your efforts. You might be surprised how important your job really is.

Consider what would happen if the person washing the plates in a hospital didn't do their job properly. It may not be a glamorous job it certainly is important and very beneficial to the patients, hospital staff and the public.

Another important element is having a clear vision of what you are trying to achieve. If you have a clear understanding of your destination it is so much easier to achieve than if your vision is blurry or worse still you have no idea of the end result at all.

If you have read "Alice in Wonderland" you might recall her conversation with the Cheshire cat. Alice asked the cat "which way should she go?" and he replied "That depends a good deal on where you want to get to". Alice then said "As long as I get somewhere" to which the cat responded "Oh you're sure to do that if you walk long enough".

Are you like Alice?

People who write down their goals are far more likely to be committed to them than those who don't. Once written down and clearly defined it is not hard to become passionate about achieving the result.

- You know *what* you are doing;
- *Why* you are doing it;
- *Who* will benefit from the result;
- *How* you will achieve it; and,
- What *cost* you are prepared to pay to get there.

***Contact us for an exercise to help you put this information to work.***

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