



Are you passionately curious too?

by Paige Arnof-Fenn

February is the month we celebrate passion! What a great theme and fun topic for this issue. One of my favorite quotes about passion is from E.M. Forster “one person with passion is better than forty people merely interested.” So what are you really passionate about? If you are not excited by the work you do then why should anybody else care?

Nothing great in the world has ever been accomplished without passion. Passion creates energy. If you don't have a passion, you'll ultimately give up before you accomplish anything. Albert Einstein was famous for saying that “I have no special talents. I am only passionately curious.” It clearly worked for him! How can you get in touch with your passion so that you can think bigger, because as Nelson Mandela said “there is no passion to be found playing small - in settling for a life that is less than the one you are capable of living.”

Here are a few ideas to help you uncover or reignite your passion this month:

- Schedule some quiet time without any distractions (kids/colleagues/spouse/technology) and think back to a time when you were genuinely excited by the world around you. What fed your soul in that period? What/who inspired you?

Can you get back in touch with those people or things (musical instrument/books/activity like dancing or cooking) that let you be creative, so that time just seemed to fly because you were doing what you loved?

- Talk to people who know you well or reconnect with folks whose opinions you respect and ask them about when they last saw you perform at your peak. Discuss what brings out your strengths and best qualities. Be brutally honest about where you thrive and where you are weak.
- Brainstorm activities and ideas that inspire you and bring out your very best qualities. Really push yourself to explore and consider completely new areas that force you to get out of your comfort zone.
- Create another list of ways to acquire or improve these skills and abilities. Can you volunteer for an organization that needs help in these areas? Maybe it requires a lateral move in your existing organization or finding a new place to work altogether to gain that experience. Are there organizations you could join or attend to learn more?
- Carve out some more time on your calendar each week to focus and make this a priority. What is more important than finding your passion?
- Start journaling and keeping notes on what excites you every day on this journey. You may start to uncover some trends or see themes emerge when you look back on your notes.

I will leave you with one more thought that I hope will inspire you -- courage to fulfill your vision comes from your passion, not your position. So whether you are the manager, boss, employee, student, teacher, doctor, lawyer or entrepreneur, it does not matter what your title is to find what makes your heart sing. You have my permission so go for it!