# Español

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¿Te apasiona tu trabajo? ¿Estás satisfecho en todos los aspectos de tu carrera profesional?

Are you passionate about your work? Fulfilled in every aspect of your career?

Si tu respuesta fue afirmativa, te felicito. Has logrado aquello que todos aspiramos a alcanzar, pero casi nunca vemos hacerse realidad.

If yes, congratulations! You’ve done what we all strive for but rarely achieve.

En cuanto a quienes no estamos satisfechos en todos los aspectos de nuestra carrera  profesional, no perdamos la esperanza: una de las razones por las que no hemos descubierto cuál es nuestra pasión es que cuando probamos algo nuevo, tendemos a darnos por vencidos muy pronto. ¿Por qué lo hacemos? Agárrate, porque es una verdad muy cruda: resulta que somos muy malos para casi todo cuando lo intentamos por primera vez.

As for the rest of us, there’s hope: Part of why we haven’t found our passion yet is that we tend to give up quickly on new things. The reason? Prepare for a hard truth: We’re pretty bad at most things when we first try them.

En general, “los seres humanos suponemos que nuestras pasiones o intereses solo necesitan ser ‘encontrados’ o revelados. Además, creemos que al descubrirlos estarán desarrollados por completo”, explicó Paul O’Keefe, profesor adjunto de Psicología en el Yale-NUS College de Singapur. Por supuesto que esa es una tontería, advirtió.

People “often assume that their own interest or passion just needs to be ‘found’ or revealed. Once revealed, it will be in a fully formed state,” said Paul A. O’Keefe, an assistant professor of psychology at Yale-NUS College in Singapore. Nonsense, of course, he said.

“Según esa lógica, al dedicarnos a nuestra pasión, la motivación debería ser inagotable y la tarea debería parecernos relativamente sencilla”, señaló.

“By that logic, pursuing one’s passion should come with boundless motivation and should be relatively easy,” he said.

O’Keefe formó parte de un equipo que en 2018 publicó [un estudio](https://www.ncbi.nlm.nih.gov/pubmed/30188804) sobre los efectos de dos “teorías implícitas de los intereses” distintas en las actitudes con que las personas enfrentan posibles pasiones nuevas.

Dr. O’Keefe was part of a team that[published a study in 2018](https://www.ncbi.nlm.nih.gov/pubmed/30188804) that examined how two different “implicit theories of interest” impacted how people approach new potential passions.

Una de ellas, designada teoría fija, sostiene que nuestros intereses son relativamente fijos e inmutables, mientras que la otra, llamada teoría del crecimiento, sugiere que nuestros intereses se desarrollan con el paso del tiempo y como regla general no son connaturales a nuestra personalidad.

One, the fixed theory, says that our interests are relatively fixed and unchanging, while the other, the growth theory, suggests our interests are developed over time and not necessarily innate to our personality.

In other words: Do we truly *find* our passions, or develop them over time? (You can probably guess where this is going.)

En otras palabras: ¿debemos encontrar nuestras pasiones o desarrollarlas con el paso del tiempo? (Quizá se imaginen qué rumbo tomará esta reflexión).

The researchers found that people who hold a fixed theory had less interest in things outside of their current interests, were less likely to anticipate difficulties when pursuing new interests, and lost interest in new things much quicker than people who hold a growth theory. In essence, people with a growth mind-set of interest tend to believe that interests and passions are capable of developing with enough time, effort and investment.

Researchers: investigadores /hold: adoptan/fixed:fija/lees interest : atracción / things outside: actividades distintas /current : actual /anticípate: preveer/ pursuing : explotar/ quicker : rápido /growth : crecimiento/ mind-set :mentalidad orientada / tend : tender / with enough time : tiempo suficiente / effort: esfuerzo / investment : inversion

Estos investigadores descubrieron que quienes adoptan la teoría fija parecen sentir menos atracción hacia actividades distintas de sus intereses actuales, tienen menos probabilidades de prever qué dificultades enfrentarán al explorar intereses nuevos y pierden el interés en actividades nuevas mucho más rápido que quienes se adhieren a la teoría del crecimiento. En esencia, quienes tienen una mentalidad orientada al crecimiento tienden a creer que es posible desarrollar intereses y pasiones si se les dedica suficiente tiempo y esfuerzo y se hace la inversión necesaria.

“This comes down to the expectations people have when pursuing a passion,” Dr. O’Keefe said. “Someone with a fixed mind-set of interest might begin their pursuit with lots of enthusiasm, but it might diminish once things get too challenging or tedious.”

“Todo se reduce a las expectativas que tenemos al perseguir una pasión”, indicó O’Keefe. “Quien tiene una serie de intereses y adopta una mentalidad fija con respecto a ellos quizá comience a explorarlos con mucho entusiasmo, pero este irá disminuyendo si enfrenta demasiados retos o la labor le resulta pesada”.

Si solo nos mueve la pasión, esta no nos bastará para sortear las dificultades, explicó, cuando de verdad sea importante superar los retos.

Sunny Verma, fundador del servicio de clases particulares TutorBright, comentó que, si “el deseo motiva tus acciones y estas, a su vez, coinciden con tus creencias, entonces puedes empezar a ver grandes resultados”.

Añadió: “Si por naturaleza no somos buenos para algo, es muy fácil ponernos una etiqueta y convencernos de que sencillamente no servimos para eso. Si conservamos esta mentalidad de impotencia aprendida hasta nuestra edad adulta, cuando no conseguimos algo al primer o segundo intento, creemos que es mejor claudicar”.

Así que tendemos a internalizar ese miedo intenso de ser terribles para algo y no poder hacerlo, y ese miedo nos impide disfrutar las dificultades y batallas por lo que son en realidad: elementos necesarios y sanos de cualquier proceso de crecimiento para alcanzar el éxito. Según Verma, nos falta hacer hincapié en técnicas psicológicas positivas, como afirmaciones y estímulos.

Un buen ejemplo es cuando los niños pequeños aprenden a caminar. Les cuesta trabajo descubrir la fuerza de sus piernas y evitar tropezarse después de unos cuantos pasos, pero los padres los alientan, en vez de concentrarse en los fracasos. Si bien no somos niños torpes, el punto es que muchos de nosotros pocas veces nos permitimos experimentar esa positividad y darnos ánimos en las tareas que emprendemos más adelante en nuestra vida.

Un paso importante para cambiar nuestro enfoque con respecto a posibles pasiones nuevas es redefinir el fracaso como el catalizador para cambiar y mejorar, en vez de considerarlo nuestro destino final. Cuando observes a personas exitosas que admiras, estúdialas no solo por sus victorias y logros; también fíjate cómo superaron momentos difíciles, cómo aprendieron e hicieron cambios después de sufrir algún fracaso (en [este enlace](https://www.nytimes.com/es/2018/08/23/fracaso-crecimiento-exito/) puedes encontrar más recomendaciones para aprender de tus errores). Además, cuando explores pasiones nuevas, recuerda que el proceso en sí mismo, así como los pasos que debes tomar, son tan importantes como la meta final. Modera tus expectativas e incluye dentro de tu plan la posibilidad de sufrir derrotas; también aprende a reconocer y celebrar pequeños triunfos a lo largo del camino.

Por supuesto, también es importante [saber cuándo claudicar](https://www.nytimes.com/es/2018/06/12/renuncia-esfuerzo/). Si tienes problemas para decidir si debes tirar la toalla o perseverar, O’Keefe sugiere que te preguntes: ¿lo estoy disfrutando? ¿Es importante para mí llegar a hacerlo bien? ¿Esas habilidades son útiles para mí?

Si comprendes que el proceso “es la naturaleza de desarrollar intereses y pasiones, lo más probable es que no invalide tu sensación de que esa actividad es tu pasión”, asevera O’Keefe.

# Ingles

<https://www.nytimes.com/2019/04/21/smarter-living/why-find-your-passion-is-such-terrible-advice.html?ref=nyt-es&mcid=nyt-es&subid=article>

Why ‘Find Your Passion’ Is Such Terrible Advice

Prepare for a hard truth: We’re pretty bad at most things when we first try them.

*Welcome to the Smarter Living newsletter! Every Monday, we email readers with tips and advice for living a better, more fulfilling life.*[*Sign up here*](https://www.nytimes.com/newsletters/smarter-living?module=inline)*to get it in your inbox.*

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**Editors’ Picks**

[‘Will You Stay With Me Until I Die?’](https://www.nytimes.com/2019/04/18/style/therapy-patient-death.html?fallback=0&recId=1KMPcfQ1BN8NEw8wMGdp9iIx5aW&locked=0&geoContinent=SA&geoRegion=C&recAlloc=story&geoCountry=AR&blockId=home-featured&imp_id=364613192)

[[](https://www.nytimes.com/2019/04/17/magazine/mre-military-army-jalapeno-cheese.html?fallback=0&recId=1KMPcfQ1BN8NEw8wMGdp9iIx5aW&locked=0&geoContinent=SA&geoRegion=C&recAlloc=story&geoCountry=AR&blockId=home-featured&imp_id=62573799)](https://www.nytimes.com/2019/04/17/magazine/mre-military-army-jalapeno-cheese.html?fallback=0&recId=1KMPcfQ1BN8NEw8wMGdp9iIx5aW&locked=0&geoContinent=SA&geoRegion=C&recAlloc=story&geoCountry=AR&blockId=home-featured&imp_id=62573799)

[I Fed My Husband a Combat Ration to Teach Him About My Military Childhood](https://www.nytimes.com/2019/04/17/magazine/mre-military-army-jalapeno-cheese.html?fallback=0&recId=1KMPcfQ1BN8NEw8wMGdp9iIx5aW&locked=0&geoContinent=SA&geoRegion=C&recAlloc=story&geoCountry=AR&blockId=home-featured&imp_id=62573799)

[[](https://www.nytimes.com/2019/04/23/magazine/kay-jewelry-sexual-harassment.html?fallback=0&recId=1KMPcfQ1BN8NEw8wMGdp9iIx5aW&locked=0&geoContinent=SA&geoRegion=C&recAlloc=story&geoCountry=AR&blockId=home-featured&imp_id=542870137)](https://www.nytimes.com/2019/04/23/magazine/kay-jewelry-sexual-harassment.html?fallback=0&recId=1KMPcfQ1BN8NEw8wMGdp9iIx5aW&locked=0&geoContinent=SA&geoRegion=C&recAlloc=story&geoCountry=AR&blockId=home-featured&imp_id=542870137)

[The Company That Sells Love to America Had a Dark Secret](https://www.nytimes.com/2019/04/23/magazine/kay-jewelry-sexual-harassment.html?fallback=0&recId=1KMPcfQ1BN8NEw8wMGdp9iIx5aW&locked=0&geoContinent=SA&geoRegion=C&recAlloc=story&geoCountry=AR&blockId=home-featured&imp_id=542870137)

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Passion alone won’t carry you through in the face of difficulty, he said, when overcoming those challenges actually counts.

Sunny Verma, founder of the tutoring service TutorBright, said that if “desire drives your actions, which in turn, align with your belief, that’s when great things start to happen.”

He added: “If we are not naturally good at something, it becomes really easy to give ourselves a label of, ‘I am just not good at whatever I am trying to do.’ Then we carry this mind-set of learned helplessness with us to adulthood, and if we don’t succeed on our first or second try, we think it’s better to quit.”

As a result, we tend to internalize this intense fear of being terrible at something and failing, making it difficult to enjoy the difficulties and struggles, which are necessary and healthy parts of any process for growth and success. What’s missing, according to Mr. Verma, is an emphasis on positive psychology techniques, like affirmations and encouragement.

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Think of toddlers learning to walk. They struggle to find strength in their legs and not trip every few steps, but parents cheer them on instead of focusing on the failures. While we’re not all lumbering toddlers, the point is that many of us rarely feel that positivity and encouragement around our endeavors later in life.

One important step to change our approach to potentially new passions is to redefine failure as the catalyst to change and improvement, rather than as a final destination. When you look to successful people you admire, study them not only for their victories and achievements, but also for how they overcame failures and changed as a result of them. ([Click here for more advice about learning from your failures](https://www.nytimes.com/2018/08/17/smarter-living/talking-about-failure-is-crucial-for-growth-heres-how-to-do-it-right.html?module=inline).) And when you’re pursuing new passions, remember that the process itself and the steps you need to take are just as important as your end goal. Temper your expectations and build failure in to your plan, then learn to recognize and celebrate small milestones along the way.

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Still,[knowing when to call it quits](https://www.nytimes.com/2018/06/05/smarter-living/knowing-when-to-quit.html?module=inline) matters, too. If you’re struggling with the question of whether to give up or persevere, Dr. O’Keefe suggests asking yourself: Am I enjoying this? Do I care about becoming good? Are these skills useful to me?

When you understand that the process “is the nature of developing interests and passions, it likely won’t invalidate your feeling that the activity is your passion,” Dr. O’Keefe said.

Stephanie Lee is a Los Angeles-based writer and writing mentor. You can find her writing on entrepreneurship, personal development and fitness [here](https://stephanielee.me./).

Best of Smarter Living

[How to Improve Your Memory (Even If You Can’t Find Your Car Keys)](https://www.nytimes.com/2019/04/12/smarter-living/how-to-improve-your-memory-even-if-you-cant-find-your-car-keys.html)Incredible memory capacities are latent inside of all of us — we just have to use the right techniques to awaken them.

[How to Protect Your Smart Home From Hackers](https://www.nytimes.com/2019/03/27/smarter-living/wirecutter/how-to-protect-your-smart-home-from-hackers.html)Smart home devices can make life more convenient, but may put you at risk of being hacked. Ensure your safety with a few simple measures.

[5 Cheap(ish) Things to Take on Your Next Long Flight](https://www.nytimes.com/2019/04/11/smarter-living/5-cheap-ish-things-to-take-on-your-next-long-flight.html)Are we there yet?

[I Love Throwing My Kids’ Artwork in the Garbage While They’re Sleeping](https://www.nytimes.com/2019/04/09/parenting/i-love-throwing-my-kids-artwork-in-the-garbage-while-theyre-sleeping.html)Like a particularly aggressive strain of kudzu, your children's artistic output will invade every room of your home if you don’t battle it back.

[Digital Addiction Getting You Down? Try an Analog Cure](https://www.nytimes.com/2019/04/08/smarter-living/digital-addiction-getting-you-down-try-an-analog-cure.html)Administering this cure isn’t easy, but it’s worth the effort.

[6 Tools for Improving Your Vacation Photos](https://www.nytimes.com/2019/04/06/travel/6-tools-for-improving-your-vacation-photos.html)Sure, you can rely on your phone to take photographs. But these items can help elevate the quality of your images without weighing you down.

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Tip of the Week

*This week I’ve invited*[*Kara Cutruzzula*](https://twitter.com/karacut)*, who writes a*[*newsletter*](https://us14.campaign-archive.com/home/?u=b1819370f078f7aaea854586f&id=985443e86d)*about work, life and productivity, to give us a little motivation to reach for a really (really) big goal.*

I didn’t win a [Pulitzer Prize last week](https://www.nytimes.com/2019/04/15/business/media/pulitzer-prize-winners.html?module=inline).

But technically I *could*have.

A less-known fact about the Pulitzers is that anyone can submit their work for consideration. Fill out an application, pay $75 and mail off your entry — congratulations, you’re in contention. (This also means that [anyone can claim to be “Pulitzer-nominated.”](https://www.theatlantic.com/business/archive/2012/06/journalists-please-stop-saying-youre-pulitzer-prize-nominated/326547/) But don’t be one of those people.)

I generally need a deadline to finish anything, and I wanted a motivational boost to revise my play “Old Hollywood*,*” which is about a forgotten 90-something actress and a Seamless delivery guy. But the Pulitzer? The idea was absurd. Yet a tiny voice kept whispering: *Why not?*

The deadline to submit is Dec. 31. Once I decided to enter, I became obsessed with climbing this impossible mountain. I told everyone about my Pulitzer plan. Some cheered me on, and others courteously smiled while the thought bubble above their head said, *delusional*. I even changed my iPhone background to a Pulitzer medal.

But then I got to work. And the more time I spent on my play, the more I remembered how much I love writing.

The end was fast and furious. After typing “End of Play” at noon on New Year’s Eve, I found the only open printing place in Brooklyn, made six copies of my script, then mailed them to the Pulitzer office.

To qualify, plays must have a production within the year, so I subscribed to a broad definition of that term and produced a one-night-only performance in the Apartment Theater (a.k.a., my living room), enlisting my talented actor brother and friends. A dozen friends-turned-audience members came over, and we drank Champagne and watched my play — which, hours before, was a pile of pages — come to life.

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Was every word perfect? No. But by simply trying, I ended the year with more than I had before. I recommitted to creating, which was the goal all along.

Some dreams take careful planning. But others, I learned, need to be so scary they force you into action. I urge you to reach for your own Pulitzer. Because somebody has to win. Why not you?