
Regret or Passion?

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By Kathleen Gage

Years ago I attended a retreat on how to live with passion and fulfill one's life's work. The facilitator posed the question, "If money were not an issue, yet you had to work fulltime, what would you do?" Answering this question was a turning point for me in that years later I am doing much of what came up in my answer.

If you're wondering what the answer would be for you, ask yourself, "What am I good at? What do my friends say I am good at? What do I enjoy and feel passionate about? What do I think is important?" Although whatever answer comes may not be what you would do fulltime it is a wonderful way to discover what will make your life more complete.

The key to your happiness may well be held in the answers. The willingness to acknowledge and act on the answers may well create the opportunity to live with more passion and joy than you ever thought possible.

In the answers lie your dreams. In gaining the answers, you don't necessarily want to give up your day job. Yet, now you have a road map of where you can put your energy in order to move closer to a more fulfilling and balanced life. Perhaps for you the answers will be an indication of where you can volunteer your time. In order to do our life's work we don't have to necessarily have a monetary gain for everything we do. And yet, many a career have been launched through the experiences gained from volunteer efforts.

Far too many people have dreams and yet, have given up on their dreams. Granted, there is a lot that can dampen the spirit if we allow this. However, there are many opportunities to achieve your dreams if you are willing to step outside of your comfort zone, put effort into your vision and move forward little by little.

Often, we blame others or outside circumstances for the fact we are not accomplishing all we desire. Granted, there may be some outside circumstances that create real limitations. Yet, in many cases we may be using imagined limitations as an excuse to not move forward. It may seem be easier for us to blame other people and situations for not achieving our potential than to walk through the fear of the unknown.

Limitations appear in many ways. There is experience, money, time, education; you name it, it is bound to be there. One of the greatest limitations is that of the mind. Determine what is real and what is imagined. Determine what excuses have been used over and over to stay where you are. Once you do this you have something to work with to move forward.

In order to get to the other side of your boundaries you must first realize what they are. Knowing what they are allows you to take action. Look for others who may have had similar roadblocks. Find out what they did to move forward. In their strategy may be your formula for success.

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One of the greatest gifts we can give to others and ourselves is to unlock the talents we have been blessed with and to have the courage to use them. Ask yourself, “How well do I use my gifts to contribute to the well-being of myself and others?”

Are you secretly wishing you would do something with your life other than what you are doing, but fear holds you back? If you ask most people what their greatest regret is, more times than not they will say it is what they didn't do rather than what they did do.

Will your life be filled with regrets or will it be filled with passion?

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