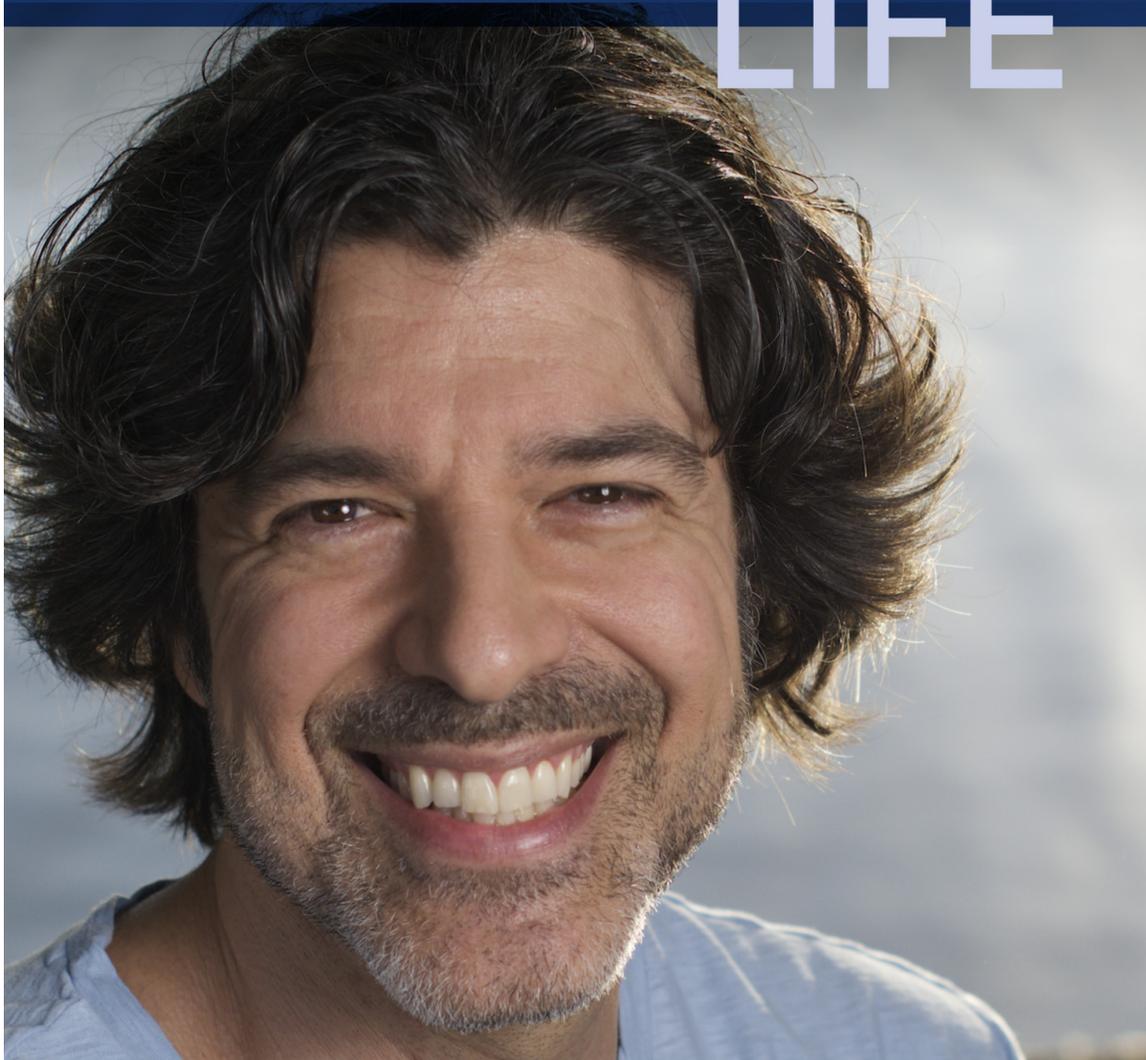


CREATE A  
**PASSIONATE**  
LIFE



Dr. Adam Sheck

# Create A Passionate Life!

By Dr. Adam Sheck

[www.thepassiondoctor.com](http://www.thepassiondoctor.com)

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Doctor Adam Sheck is a licensed Clinical Psychologist, Couples Counselor and Relationship Coach, based in Los Angeles.

He began his career supporting couples to reignite the passion in their relationships and became known as “The Passion Doctor”. Since then his practice has expanded to include singles with relationship issues as well as *everyone* who wants to connect to their life purpose, their mission and remove the blocks to living a life of more passion in both love AND in work.

Dr. Sheck is available for private sessions in person at his office centrally located in the Los Angeles area. He also offers telephone and video/Skype sessions for out of area clients.

To learn about Dr. Sheck’s free monthly Passion Doctor Newsletter, please go to his website at [www.thepassiondoctor.com](http://www.thepassiondoctor.com). You may contact him at: **[adam@thepassiondoctor.com](mailto:adam@thepassiondoctor.com)**.

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## Chapter 1 – Introduction

*Far and away the best prize that life has to offer is the chance to work hard at work worth doing.*

**-Theodore Roosevelt**

If you feel bored with your life, unmotivated, unenthusiastic or not doing what you want to be doing with it, then it is time to make a change. There may be obstacles or fears holding you back from accomplishing the goals you have set forth in your life. Or maybe you haven't even gotten around to figuring out some goals. It is time to get past the obstacles and make your dreams happen!

Many people aren't quite sure what their true passion is. They want to work toward being successful, but they just aren't sure what it is that they can do. Finding your passion is absolutely possible. It will take some deep searching within yourself. This book will help you to discover what it is and how to live it. Your passion may be right in front of you, whether you realize it or not!

There are many successful people out there who are living their life exactly as they want to. They are working hard doing what they absolutely love to do. The most successful people are those who work toward the things they are passionate about and love. The more you love what you do, the harder you are going to work at it because you will be enjoying your work.

For some, they will be able to turn their passion into a career, into a vocation. For others, following your passion will be an avocation, in addition to your career.

Don't avoid your passion because you don't think you could financially survive on it. Whether you discover you can or you can't, don't you owe it to yourself to find out? Either way, I guarantee you will live a more fulfilled life, a more passionate life.

The purpose of this ebook is to help you find the real passion within. You will learn techniques that will help you find your true passion and learn ways you can go about making it a reality.

When you finish this ebook and complete the exercises, you will know yourself well enough to know exactly what your true passion is. You will know what is required to make your dreams a reality by using your passion as fuel to becoming the successful person that you already are.

## Chapter 2 – Happiness is a Choice

*Everything can be taken from a man or a woman but one thing: the last of human freedoms to choose one's attitude in any given set of circumstances, to choose one's own way.*

**-Viktor Frankl**

*Happiness and love are just a choice away.*

**-Leo Buscaglia**

Happiness and passion are definitely connected. They are often causal, as those who are following their passion are often living fulfilled, meaningful and happy lives.

If you are not a happy person that may very well be the result of a choice you are making. You have full control over how you perceive your life and the decisions that you make. There are many factors which people measure happiness by. Some people think money is happiness, however they may absolutely miserable with what they do on a daily basis to make their money.

You might look at people who have absolutely everything and you strive to be like them. These things may be wealthy, have possessions, status and other things that you crave. These things don't create happiness. Happiness is a choice.

There are many people who have wealth and a high status who are completely miserable. They may be lonely, depressed and utterly alone. Happiness comes from within. These people may be working jobs they absolutely hate but just have a knack for making money.

## **Happiness is Subjective**

There are things in life that can make you happy that are subjective. This is because the recipe for happiness varies for each of us.

You might find joy and happiness seeking thrills through rides like roller coasters and bungee jumping. This thrill may be torture for someone with a fear of heights who would never step foot on a roller coaster or ever be brave enough to jump from a bridge suspended by a bungee cord.

Everyone seeks happiness in his or her own way. What makes you happy is a natural high that you deserve to seek. There is nothing wrong with the things that you find joy in. You may be told you are crazy but it is all relative, it is all subjective.

## **Naturally Happy**

It is true some people are naturally happy. A portion of this is because of genetic disposition. This doesn't mean that you were born to be miserable if you are not a naturally happy person. Your happiness is influenced by your genetics but it is not fixed as the only determining factor.

Research based upon twin studies shows that about 50 percent of a person's happiness level is genetically determined. However, 10 percent is affected by life circumstances and the remaining 40 percent is subject to self-control.

If you are not a naturally happy person, you can take responsibility for at least 40 percent of your happiness and improve it. You can begin to shift the way you think and feel so that you may increase your capacity for joy.

Bottom line: happiness is a choice! Begin to choose it more consistently in your life and it *will* be yours!

Note: if you believe you have issues with mental health and depression, please contact a professional for support. You don't have to suffer, help is available.

## Chapter 3 – Questions to Ask Yourself

*Successful people ask better questions, and as a result, they get better answers.*

**-Tony Robbins**

When you are seeking your true passion there are many beneficial questions to ask yourself. This chapter shares some meaningful questions that will get you started in the process.

By carefully answering them, you will understand more about yourself and what might be holding you back from being happy and pursuing your passions.

I recommend that you actually write down the questions and your answers. This will give you a more powerful result than simply thinking about it or making mental notes to yourself. Dedicate some time to starting this exercise, at least 30 minutes up to an hour to be in an uninterrupted space to generate some self-inquiry. Be honest with yourself, don't edit, however surprising or ridiculous or unrealistic you may judge your answers. In fact, don't judge your answers at all!

### **What really inspires and engages you?**

This question may be a little difficult to initially answer but you may find the answer begins to surface as you answer the rest of the questions. Be very clear about how you receive your

inspiration. What are the types of things you find engaging and exciting?

### **If you couldn't fail, what would you do?**

Many people don't do things because they are afraid to fail or they have failed in the past. If there is something that you would absolutely do if you knew there was no chance whatsoever of failing, what would that be?

### **If you were forced to start over again, what would you do?**

Many people find themselves stuck in situations where they are not doing what they want to be doing. They go to work yet they don't enjoy a single moment. If you had the opportunity to start over again, would you take advantage of the new beginning or would you repeat the old path and end up where you are today? What would you do differently?

### **If money weren't an issue, what would you do?**

Many people have dreams they wish to pursue but they never attempt to move forward with the dreams because they cannot afford to get started. Think of what you would love to do if you had the money to do it. This can be anything. If you won the big lottery, what you would do with the money? What would you do with yourself?

## **What is your biggest dream?**

If you could have a big dream come true, what would it be? Is there something you really want to do, that you daydream about, that fills your fantasies? Think about it and focus on this one thing.

## **What is the biggest barrier stopping you from following your dream?**

Name all of the things that have caused you not to follow your big dreams. This could be people who do not support you, money, fears, negative experiences from the past or something else. There are many different types of barriers, which may be overcome with the proper tools and support.

You might not see opportunity or success with your dreams or you may fear that people would make fun of you. You might not even be skilled and lack talent. What are the barriers preventing you from moving forward?

## **What passion are you afraid of owning or admitting?**

Many people have dreams and passions they are afraid to talk about, from fear of being ridiculed, by being made fun of by others. You might think your passion is silly to other people. What is this one thing?

## **As a child, what did you really want to be when you grew up?**

Did you have dreams of becoming someone or something as a child and it didn't turn out quite as expected? Do you still wonder what it would have been like if you did follow your dreams as a child? If you had the opportunity, would you follow this dream today?

## **If you were going to die in the near future, what would you regret not doing?**

Many people have regrets when they realize they are running out of time and getting closer to death. It is often too late for many people to go back and change what they missed out on, what they didn't do. This leaves them in the pain of regret.

They might have lived their lives completely differently if they had the chance. If a doctor told you that you only had a few weeks left to live, what would your regrets be? What would you want to do before your time was up? It's not too late!

Now that you have answered these questions you may have a better idea of what make you happy. You may be more connected to your dreams. You may have a clearer idea of the things you have always dreamed of having, being and doing. This is the beginning. You are priming the pump. Keep it up!

## Chapter 4 – Peak Experiences and Existing Talents

*Hide not your talents, they for use were made.*

*What's a sundial in the shade?*

**-Benjamin Franklin**

Your capabilities are very important when you are thinking about taking your dreams and making them a reality.

Remembering peak experiences and existing talents can benefit you in making your dreams come true. This can also help you build the confidence you need to be successful.

Your peak experiences include times in your life where you excelled. These peak experiences include the best times of your life. What are some of the things you have done in your life that you really enjoyed and you wish you could do again? What are moments when you felt that time stood still or that it flew by. What are moments that you got lost in yourself, in your activity?

Existing talents you have today can be used to help you achieve your goals. Are you good at organizing or marketing? You might be good at something you don't even realize you are good at. These things could be making announcements about events, making phone calls, baking, gardening, and more.

You don't have to have an expert talent. You may have the knowledge about something that you enjoy very much. Do you have an interest that you love to read about, that you research

on the Internet in your spare time? Perhaps this is your hidden passion. Think about what you are very knowledgeable about because you *choose* to be, not because you are *required* to be.

Some of the loftiest moments in your life may point to the passion you want to reconnect to. You might have been a runner and dreamed of running the Boston Marathon but now you are a smoker and wrote that dream off years ago. That doesn't mean you cannot get back into shape and go for your big dream!

Everyone is good at something. Perhaps it is a hobby like making candles, beaded jewelry, or working on cars on the weekends. If you are feeling blocked, it doesn't mean that you don't have a skill. It just means that you haven't quite figured out what your skill is yet.

It's time to find out what it is that interests you the most.. If you are feeling blocked, ask friends and family what they feel that you are good at and consider their feedback seriously.

## Chapter 5 – Using Curiosity & Creativity

*I have no special talent. I am only passionately curious.*

**Albert Einstein**

One thing that is very important in identifying your passion is curiosity. I believe that curiosity forms the basis of passion. You might have beliefs or ideas about yourself that are blocking you from realizing what your true passion really is.

Here are many ways that you can use curiosity to help you determine what your true passion is so that you can live a more fulfilling life.

### **Make Your Mind Active**

Curiosity helps create an active mind. When someone is curious they are continually asking questions and seeking answers. This causes their mind to be active most of the time. When you are curious and working your mind, you are making it stronger. Your brain is like an oversized muscle and by working it you are making it grow stronger as well as more flexible and agile.

## **Be Open to New Ideas**

Curiosity also allows you to view your life and experiences from different perspectives, from different points of view (POV). When your mind is set in one way, you are limited because it is not willing to accept a different solution.

This has evolutionary advantages for survival, as we want to recognize danger rapidly, but it is not a good thing for creating growth and change in life.

If you aren't able to envision your life becoming any more successful than it already is, then you won't be able to. If you can open your eyes to new ideas about how things can be then you are more willing to try them and see possibilities for change and expansion.

The great thing about curiosity is that when ideas do come to your mind they will be recognized and not ignored. When you are not curious you miss out on the important ideas because you haven't prepared your mind to be open to them.

Practice being open to suggestion. Many people offer input that you might not want to hear consciously or unconsciously. This input could support the critical shift to create your new, passionate life. Be open to suggestion by allowing yourself to ask more questions and seek different answers.

## **Be Open to New Possibilities**

When your mind is open to new suggestions you will also see the bigger picture in more situations. Your world will be open to new perspectives and possibilities because you will be

curious. What were previously blind spots may now be rainbows.

It takes a most curious mind to have the capability to look beyond the normality of life and see what is hidden underneath the surface. These are worlds and possibilities that you can make happen. You can access this by taking control of your curious mind.

## **Excitement**

If you are bored with your life you are most likely not curious about examining your life. Curiosity builds excitement by adding new layers and perspectives to what already is. It allows for new connections to what can be as well. You may be curious about your internal states as well as your external world. There will always be an abundance of experiences as well as “stuff” to explore in life if you choose to be curious.

When you are curious, you may connect as well to the quality of adventure. You may find that it is fun to add adventure to your life.

This doesn't mean you must go on an African safari. It means stretch a little bit more in your life, take a chance, take a risk. Be curious and open to new things rather than having the same boring routine every single day.

## **Developing Curiosity**

Do you consider yourself to be curious yet feel like you are in a rut, in a routine of the same thing every day? Do you find that you feel bored with life?

This is NOT the truth! You are lying to yourself about it. Basically, you are boring YOURSELF!

By developing curiosity, you may start to feel and actually BECOME a more exciting person and begin to taste the beginning of the life that you can create for yourself.

Once you become curious and really want to know what your life will be like when you take your passions and make them happen, you will be significantly more likely to do exactly that!

Keeping an open mind is the best tool for developing your curiosity. Be an open-minded person. This may be a huge challenge if you are rigid and set in your ways.

Work on seeing things from a different point of view. Consider different perspectives, different versions of situations in your life and how they could be transformed to be more interesting, more exciting, more passionate.

Never take things for granted! Many people accept their current for how they are. They dig dig deeper and they lose the curiosity and excitement that may allow for transformation.

Constantly ask questions. As you are develop your curiosity, it is important to ask questions. This may activate childhood issues. You may have gotten negative responses from your

parents or other caregivers or adults when you kept asking “Why?”

You are an adult now. How they respond now isn't relevant to your growth. What people think about you isn't any of your business. Creating a passionate life is your business. That is your task.

Find out as much as you can about everything. Not only are you developing your brain and nervous system, you are learning new things and creating more understanding.

Be curious about people. Study them. You are learning about why people do the things they do. Although you might do something one way, others may choose to do it another way. This is the opening of your mind to new POVs that is so crucial for you.

Never label something as boring. If you are asked to do something with someone else and you think it sounds drab, choose to change your mindset. Tackle it as if it is a great deal of fun.

Things are only boring when you choose to make them boring. Labeling an activity or chore as boring completely closes the door to enjoying the moment. And, you never know, you may discover another passion along the way. Choose to make it fun, make a game of it.

Look at learning as something fun. There are many aspects about your passion you will need to learn. You might have put off your passion because it will require you to take a few classes.

This might remind you of your younger days in school. Many of us had negative learning experiences, what I call “learning trauma.” That was then. You are learning now because you choose to learn now. It isn’t being forced down your throat. It has value to you.

It’s common for some people to believe that they are too old to learn new things and use this as an excuse to avoid pursuing their passion. You are *never* too old!

In fact, the latest research shows that the brain is flexible and continue to learn. The technical term is neuroplasticity. The best thing you can do for continued mental health and cognitive functioning is to continue to learn.

Begin to view learning as a fun experience that is going to help you achieve your passion, your life goals. Being curious is learning. Act as if you are in a lifelong class and your assignment is to learn new things every single day. It really is the truth, isn’t it?

You may choose to view learning as fun, as exciting or as a chore, as a burden. You control your attitude towards it, which will shape your experience of it. This is a key lesson in life. Are you willing to learn it? Practice!

## **Building Creativity**

Do you believe that you are a creative person? If you want to live out your passions and make them a reality, then connecting to your internal creative resources is critical. We all are creative in one way or another. The task is to discover

those areas that we are passionate about and then open up to the creative process.

The more creative you are, the more successful you will be. Creativity is important in “creating” things as well as in facing challenges in creative, out-of-the-box ways.

Again, creativity comes from exploring new ways of approaching life situations. Make a game out of it. Be more playful and less serious in facing both adversity as well as the good in your life. Brainstorm. Consider all possibilities. Don't throw any out as you are exploring. Plenty of time to choose later.

This ties into self-expression as well. Find opportunities to express yourself in a more creative fashion. Seeking out these opportunities is also an expression of creativity, isn't it?

It can be as simple as the way you display your dinner on the plate. You might choose to dress up the meal with garnishes. You may change the way you create a presentation at work and completely change the style you've chosen in the past. View every activity as a way to express yourself more fully and be more creative. Again, make it a game, make it exciting!

## **Walk Around Your Home**

A final suggestion is that your true passion might be staring you in the face! Walk around your home and your office. There might be some important clues there.

You may have collections of items like figurines, magazines, equipment or hobbies that you enjoy, that absorb your time during the evenings or on weekends. Take a look around with a fresh mind, a *curious* mind and be open to clues about what your true passion is. You may be surprised that it is right there.

## Chapter 6 – Remove Your Blocks

*The best way out is always through.*

**-Robert Frost**

*You miss 100% of the shots you never take.*

**-Wayne Gretzky**

Even people who are very clear about their passion may have blocks or barriers in their way. If your blocks are stopping you from living out your dreams, isn't it time to get past them? You *can* take decisive action in this area.

Here are examples of some possible blocks that you may be experiencing and some steps to begin to deal with them. This chapter is a starting point. You may require professional assistance to remove some of your deeper, more stubborn barriers.

### **People**

One big barrier to someone not fulfilling his or her passion and dreams is often another person, perhaps someone that we have a long history with, such as a family member or long-time friend. They might mean well or they might actually not want you to be happy and succeed in your passion. This may be

conscious or unconscious on their part. The result, however, is the same.

When you are beginning to connect with your passion, you really can't afford negativity in your life. The connection to your passion is fragile and tentative and must be nurtured carefully.

People's negativity may be from many sources. They may be more "practical" and want you to be the same. They may be envious. They may feel "better" about themselves by making you feel "worse" about yourself. Regardless, this is not the time for outside negative opinions, even guised in the form of support.

Surround yourself with supportive people. Don't let others bring you down. They only can with *your* permission.

Sometimes a spouse or significant other or family member is not supportive because they feel that your idea is ridiculous or that it would embarrass them to be associated with you/it.

You must draw clear boundaries and communicate what you require as support. It is important to make it clear to them spouse that you are passionate about doing something in particular and you want their support. This clarity will be good for them as well as good for you in anchoring in the value of your passion.

When you have the proper support, you have the energy and resources to take on any challenge. When family and friends are not supportive emotionally it can be very difficult to push through your own self-imposed limitations.

Let them know that you are pursuing your dreams and that nothing will stand in your way. This is your life and you want to be satisfied with it and your choices. You may have to shut out or limit contact with unsupportive people until they see that your choices truly do make you happy and fulfilled.

## **Money**

Money is another huge barrier that people use in avoiding their passion. For example, you might be an excellent mechanic and want to open your own shop but haven't moved forward because of the cost.

“Create A Passionate Life!” isn't a financial book. There are many ways to get money together to start your own business or be true to your passion.

The psychology of money is what I recommend that you become curious about. Specifically, your psychology of money. How did your family view money? What messages did they give you about money that might be blocking you today? Again, professional support in understanding your inner dialogue with money might be important for you.

Remember also that by being creative you will more likely find additional revenue streams to put towards your vision. You also may find a way to start your dream without high startup costs. There are many ways to start your own business even if it means you begin from home.

Money is an obstacle that can be overcome. It is a common excuse we use for why we cannot live out our dreams. Bring

your curiosity and creativity to this block and begin to overcome it.

## **Time**

Don't time and money seem to be the big excuses people use for not having what they want in their lives? The excuse of not enough hours in the day might hold water if we didn't all have the same 1440 minutes each day, the same 86,400 seconds each day.

Somehow or another, the uber-successful and the extremely happy all make use of this same amount of time, this same amount of life each day. If you are a slave to time, work long hours, have a big commute, you may not have enough time for your family or your own self-care. You may then feel selfish by taking time out to fulfill your passion.

If time is a problem you must find a way to make time in your life to do what it is that you want to do. You might consider waking up an hour or two earlier every day or staying up an hour or two later. Remember, sleep is important for happiness as well, so that you cannot cut too much into your sleep on an ongoing basis.

Wasting the time we do have is very common for those who claim they do not have the time to live out their passions. They might spend hours every night watching television and not do much on the weekends either. They might tell themselves that this time is for relaxing, because they work so hard during the week.

It is time to start cutting out wasted time in your life! You *do* have time if you look carefully and get creative. Remember that you don't have to complete an entire project in a week. An extra hour each day will contribute to getting it done and building some emotional momentum.

Find a way to commit a minimum of an extra hour each day to creating your passionate life. It will also give you something to look forward to, which will also increase your passion on a daily basis.

## **Fear**

Fear is another one of the biggest reasons people do not move forward with their passions and make their dreams reality. You *can* overcome your fear and you *must* overcome it in order to live the life of your dreams.

With the power of curiosity, you can be more open to exploring your fears and realizing that many of them are irrational beliefs left over from early childhood. You can have a better outcome in your life than these limited beliefs suggest.

You might have a fear of failing and this is why you have not moved forward with your passions. Fear of failure is natural. It is like learning how to ride a bicycle or learning anything new.

Not many people start something new or take on a passion and immediately are successful. There are many fears and failures along the way you will experience. Pick yourself back up and keep it going.

Being afraid to fail is normal and you don't have to let it stop you. Look at each appearance of "failure" as a learning experience that you can grow from it. Then failure can be turned into a positive experience.

You might have a fear of success. That might sound funny but many people are afraid to succeed. They have limiting beliefs on what they are capable of and when they approach that limit, they begin to unconsciously sabotage themselves.

As an example, some people have issues saving money. As soon as they save enough to launch their dream, they spend the money on something they don't even need. They later fault themselves over this and then repeat the same, self-defeating process.

Don't let the fear of success paralyze you. It is natural. It often derives from low self-esteem and not believing that you are good enough to be successful.

Fear affects our very physiology. When we experience deep fear and anxiety, it triggers the sympathetic nervous system in our neural network to activate the "fight or flight" response.

Our body begins to generate the stress hormones, adrenaline, norepinephrine and cortisol which prepare us for physical battle. However, these psychological threats to our perceptions of fear trigger the same response. It impacts our health, our very well being.

Practice taking ten deep, slow, cleansing breaths a few times a day. When you do this, the deep breathing will activate your body's "relaxation response" and begin to generate hormones

and neurotransmitters more associated with happiness, such as serotonin, dopamine and oxytocin.

Commit to taking these breaths a few times each day. It is a simple practice, yet can have tremendous benefit. You *can* be as successful as you truly believe you can be. Don't let your fears get in the way.

## Chapter 7 – Goal Setting

*Life can be pulled by goals just as surely as it can be pushed by drives.*

**-Viktor E. Frankl**

Goal setting is important for many reasons. When you set goals you can see forward progress, you have something to look forward to, and it can also help create motivation. You must *set* goals in order to *achieve* them.

The bigger goals that are part of your passion will be best served by “chunking” them down into smaller parts. First, take your specific goal and attach a completion date to it.

Then break down your goal into the many steps needed to achieve it. Each of these steps are milestones. Now attach a date to each milestone. These are all estimates, yet better to estimate and have a fixed date to aim for than nothing to aim for.

A date makes the goal more real. Working with a completion date makes it more likely to achieve your goal. It is stronger than “eventually” isn’t it?

Goals with milestones allow you to see the forward progress you are achieving. If you are a visual processor, consider making a chart with the dates and steps attached to it. Break down each step with the tasks required. As you reach each milestone you will be closer to reaching your goal.

Using this goal approach gives you a target, something to look forward to. Reward yourself at the completion of each goal. You deserve it. Your accomplishments are worth celebrating.

The closer you come to achieving your true passion the more energy you will free up to live out the dream. See yourself getting closer with each milestone, each goal, each reward, getting closer to living that passionate life. The truth is, as you take each step, you *are* living your passionate life!

## Chapter 8 – Living Your Passion

*Nothing great in the world has been accomplished without passion.*

**-Georg Wilhelm**

Certain qualities and attitudes will increase the likelihood of you successfully living your most passionate life. Consider practicing some of the following qualities:

### **Be Authentic**

When your inner life matches your outer life, you are living a life of authenticity, a life of passion. Be real, be whole, be you. Be *all* of you.

Enjoy *every* aspect of your passion. Enjoy the experience in its entirety. Enjoy what is comfortable and what is uncomfortable. Enjoy the setbacks along the way. Enjoy the rough spots and the life lessons. They will sweeten the recipe of your passionate life.

### **Be Passionate**

When I write, “be passionate” I don’t mean a big, showy, outer display. You don’t need to be smiling and laughing and bursting with energy or be a cheerleader to demonstrate your

passion. I'm not talking about doing a performance. In fact, you don't need to "do" anything at all.

Simply "be" the person you genuinely are. To me, true passion comes from inside. It is a slow, steady, consistent energy that supports you through the long haul of creating the life you deserve. When you truly love who you are and what you do, passion will come naturally to you.

### **Keep Growing & Improving**

When you begin to follow your dreams and live your life with passion you may experience the chaos that change may bring. It may feel that your life is a mess and in great disarray.

Be patient. You will gradually come to a new balance. It will take time, trials and practice. You will find better, more productive ways to be. You will find a new balance.

As this balance is established, you will reach a new comfort zone. Don't stay there! It is natural for our minds to find that new equilibrium point, that new norm.

Keep growing, keep improving, keep committing to sharing more of yourself and your passion.

### **Action**

Action is a critical part as you live your passion. Living life fully *is* taking action as appropriate. Yes, being is important as well, yet it is the lack of action that was responsible for you living less than a full life, wasn't it?

Because it has been so easy to avoid and procrastinate taking action in the past, it is critical that you build momentum by continuing to take action and build healthy habits in this area. Don't fall into the same traps as before.

Taking action is the biggest antidote to procrastination. Work daily toward your dream. Whether a small or big step, take some step and build upon it day by day.

Don't allow anything, including your own inertia and past avoidance get in your way or slow you down. Post written reminders that say, "action" to remind yourself that you are working toward your passion by constant action.

Always reward action. Never let action and goal setting go without rewards. Reward those that support you as well as yourself. This doesn't have to be a financial reward, extending you beyond your means. Acknowledgement of hard work is sometimes enough when people know you really appreciate them.

## **Model Your Heroes**

Choose at least top 5 heroes who move you, touch you, inspire you. Model them and their success. Learn everything you can about your heroes and become an expert on them. Learn about how they became successful. Start with their biography or autobiography and expand your knowledge from there.

## **Chapter 9 – Turning Passions and Goals into Reality**

*Only passions, great passions, can elevate the soul to great things.*

**-Denis Diderot**

Goal setting is one thing. Goal GETTING is more interesting, wouldn't you agree?

Turning your passions into reality requires you to do a great many things. The previous chapters have given you tools to discover your passion and live your passion.

Here are tools to further your success:

### **Believe**

The most important thing in creating success is to believe that you will be successful. Recruiting your unconscious mind in support your efforts will create a power that can't be beat.

Your mind can't distinguish between reality and imagination. When you communicate to your unconscious that you are successful, that nothing will stand in your way, it will believe you and act accordingly.

Your abilities are in your mind and consequently, you can have great control over your success. It is not about impressing anyone else. You can believe and choose not to tell anyone of your dreams.

Believe. Relax, breathe deeply and believe that you will be very successful, living your life of great passion. Believe and feel empowered as you think about your life and how successful and passionate you will be.

## **Attitude**

Your attitude can make you or break you. Do whatever is needed to maintain a positive attitude. Make it a practice to be positive as often as possible. You won't be perfect. Keep an awareness and you will eventually retrain your mind.

Don't let the little setbacks and disappointments of life get you down. You are living your passion and every obstacle now is a learning experience. If you consider each day, each moment as an opportunity to learn and fine-tune your new life, you will be in the zone.

Gratitude is a key component of a positive attitude. It shifts your energetic and will magnetize to you those who may further your passion and your dreams. It will most definitely support your personal and professional success in life.

Practice and notice the different "coincidences" and synchronicities that being to move you forward in creating your passionate life. Be observant and practice!

## **Build Momentum**

The best way to build momentum when you are working toward your passion is to act on the ideas you already have. Act promptly, take action immediately. Train yourself to take care of issues as they arise. Don't wait. Waiting communicates to your unconscious that your passion isn't your priority.

With each immediate response, you break the cycle of procrastination and build a momentum that will be unstoppable.

## **Make Your Passion A Priority**

In most cases when you work towards your passion you are willing to work hard and willing to make it a top priority. Commit to the tasks at hand and the time and energy you invest will not feel like a sacrifice.

At the same time, you will also enjoy what you are doing, even if you work at it long hours into the night or start early in the morning or on weekends. You are doing it for you and that is satisfying in itself.

There is no substitute for focus, hard work and setting priorities to reach your goals. Only *you* can reach the goals that you set for yourself to create your passionate life. Embrace the time and effort. Bring a deep level of enjoyment and satisfaction at these long hours, sweat and tears because they will be rewarding in the end.

## **Visualization**

Visualizing is a key skill in moving into your passion. Keep that vision in mind. Your psyche can't distinguish between what is in imagination and what is in the "real" world.

Visualization allows you to see where you are going with your passion before it actually manifests. Visualization supports your evolving and developing dream.

## Chapter 10 – Final Considerations

*Whatever you can do or dream you can, begin it.  
Boldness has genius, power, and magic in it.*

**-Johann Wolfgang von Goethe**

When you dedicate your life to something, you immediately open yourself to the energy of passion. The rest will follow naturally as you commit to, and surrender yourself to your vision, to your passion.

The pain and pleasure principles both play out as you create your passionate life. On the one hand, your passion may give you pleasure as it makes you happy and you love to do it.

Simultaneously, working towards your goals will be painful and frustrating at times. You may feel fear, feel sad, feel hopeless and want to give up. Success is rarely easy and there is always a price to pay. Your commitment is to pay that price, enjoy the journey along the way as best you can and build your best life.

Then, your passion *and* your life are yours. You paid for them and now you own them! Feel proud to have paid the price and made it happen. So few commit and follow through. You will.

Don't focus on the end results too often. Take it one step at a time. If you continue to put one foot in front of the other, you *will* get there.

Progress may appear to be slow at first and you may feel like you will never get there. Focus on what is required today. You will find your way to your freedom, to your passion, to your new life.

## Chapter 11 – Conclusion

*No matter how qualified or deserving we are, we will never reach a better life until we can imagine it for ourselves and allow ourselves to have it.*

**-Richard Bach**

Your passion is something that you want to do and you were meant to do with your life. Everyone has a passion and they can live a fuller, richer, more meaningful life when they know exactly what their passion is and how they may best express it in their life.

Don't measure success with money. Many of the richest people are unhappy with their lives as well. In order to be happy, live a life where your inner world and your outer world are in agreement, are in alignment. Live that authentic life.

When you feel that authenticity, you can take a deeper breath and enjoy your life more. When you know that your insides match your outsides, you are living in a deeper integrity than most people. Remember, the Latin root of integrity is *integritus*, meaning "to be whole or intact."

You have been exposed to a number of tools and techniques in this book. You can choose to use them and develop your line of inquiry into your more passionate life or simply have the experience of reading a book. Don't let this book be another one of your "shelf-help" books, that you place on the shelf and

only read the first chapter or you skim it yet don't do the exercises.

The key to creating your passionate life is to first believe that you deserve to have a passionate life! From there, you will have the integrity to do the inner work required and take the outer actions necessary to make it happen. Then, your inner world and your outer world will be congruent, will match up. Then you *will* be living the passionate life!

**Warmly,**  
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