

Re-create Your Passion for Life

Have you ever watched a child master a new skill? Can you remember a time when you tried a new hobby, activity or skill that seemed really exciting to you? Have you ever known one of those people who started a new career at age 65? Do you ever feel that kind of passion in your life?

Passion – an enthusiasm for life, learning, creating and enjoying. Sometimes, though the everyday responsibilities of life can drag down our passions. Restoring those feelings may be child's play.

Children aren't restricted by the limitations adults place on themselves. They aren't concerned with what others think. Kids can enjoy funny things – walking barefoot in the rain, flying kites, drinking straight from the garden hose.

Think about the people you know who just seem to drink life in. They enjoy themselves. They challenge rules and restrictions of the way things should be and see meaning in their lives.

You can recapture the passion from your childhood by finding something you care about and something you feel passionate about. Maybe you enjoy writing, doing needlework, playing the piano, playing golf, spending time with children or taking photos. Whatever you love to do, find the time to do it. After all, something is taking up all of your time each day. Why not spend the day doing something you love?

Learn to dream about how you'd like your life to be. Author Robert Greenleaf writes, "Nothing much happens without a dream. For something really big to happen, it take a really big dream." Some of the most passionate people had big dreams. They include: Thomas Edison, Winston Churchill, and Clara Barton. They all achieved great things during their middle years. It is never too late to relight your fire for zest.

Ann McGee-Cooper outlines in her book, *You Don't have to Go Home from Work Exhausted* some strategies to help find your lost passion, to think more life a child. Try these:

- Look for things you think are fun to do – and do them! It is not too late to learn a new skill such as pickleball, yoga or anything.
- Be curious – try anything once.
- Smile a lot and laugh often.
- Experience and express emotions freely.
- Be creative, even when solving everyday problems.
- Exercise and be physically active.
- Challenge yourself to learn new things. Learn to speak Spanish, change the oil in your car, learn to create a new flower bed.
- Be enthusiastic and excited. Look for the positive in a situation even when it can be difficult.
- Every day, list three things you are happy about.
- Dream. Imagine your life the way you would like it to be – no matter how silly it can be.

- Believe the impossible. You never know what power your thoughts will have.
- Let go of worry. Don't think about what awful things might happen. Focus on the really exciting things just around the corner.
- Be passionate. Be childlike. Express your feelings. Don't allow yourself to be confined by the judgement of others.

Your passion may be lying just beneath the surface. Take time each day to release your playful, curious, adventurous self. Rediscover the child within you!