



OFF THE TOP OF MY HEAD!

ExecuCoach360 Newsletter

“Finding Your Direction is Only the Beginning”

“Love What You Do...Do What You Love.”

Liliane M. Agee-Finke

When I sit down to write my newsletters, I search for topics that inspire and motivate. The majority of my topics emerge from the people I meet and the insights I gain from past experiences. I get energized when I select a topic and begin putting my thoughts on paper. At times out of nowhere I get a strong shift of direction, and before I know it I am writing about a whole different topic. This is exactly what happened to this newsletter; instead of writing about facing our weaknesses and strengthening our strengths, I find myself writing about our passions and what we love to do and how to keep doing it.

Doing what we love to do keeps us alive and vibrant. It ignites energy and creativity. Doing what we love to do is what gets us up and going first thing in the morning and keeps us up late at night, while enjoying every minute of it. Most of the time we are aware of what we love to do because we keep doing it and the sensation we get from it is addictive. However, there are times when we lose that drive as we face stressful days, and the last thing on our mind is to formulate thoughts of injecting a dose of “happiness” into our lives and we find ourselves “burning out”. A sure sign of burnout is when you begin daydreaming about getting ill so you can stay at home, or Monday comes around and you are already wishing it was Friday. We’ve all been there. So here are a few tips on regaining your passion and keeping it alive.

1. Share and verbalize your passion. Talk about your dreams and aspirations. Passion is contagious and

sharing it with others will give you that extra boost you need.

2. Write down your “daily” achievements. This is a great way to jump start your self confidence.

3. Discover your purpose. Ask yourself the following: what is my life’s purpose? What do I do in my job that I love? If I knew I could not fail what would I do? Am I willing to take risks?

4. Don’t let doubt and fear get in the way. Doubt and fear are the two key contributors that will keep you from discovering your passion.

5. Set specific goals, be consistent and disciplined. Stay on track.

6. Keep a positive attitude, no matter what!

On a final note, discovering your purpose and your passion connects you with your inner self. It is the energy that stimulates action and action produces results. Get inspired, take control and make a solid plan to keep the passion burning.

I hope that this article has inspired you to keep the passion burning. Take some time to surf the internet and you will find an array of topics as well as books and articles, or you may contact me at www.execucoach360.

Thought Provoking Question:
If you could pass your whole life cared for in every way as you slumbered peacefully, entranced by wonderful dreams, would you do it?

(Source: *The Book of Questions*, By Gregory Stock, PHD

Quote of the Month

“Before I can tell my life what I want to do with it, I must listen to my life telling me who I am.”
Parker Palmer

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Did you know?

That this newsletter has 607 words and should take 4 minutes or less to read? A small price for knowledge!