

A woman with long, straight black hair is smiling and sitting on a white rectangular block. She is wearing a white, long-sleeved, wrap-style blazer over a white skirt. She is also wearing a gold necklace and gold high-heeled shoes with a red stripe. The background is a plain, light gray wall.

PASSION AND PURPOSE

HOW TO FUEL THE FIRE
AND PURSUE YOUR
DREAMS

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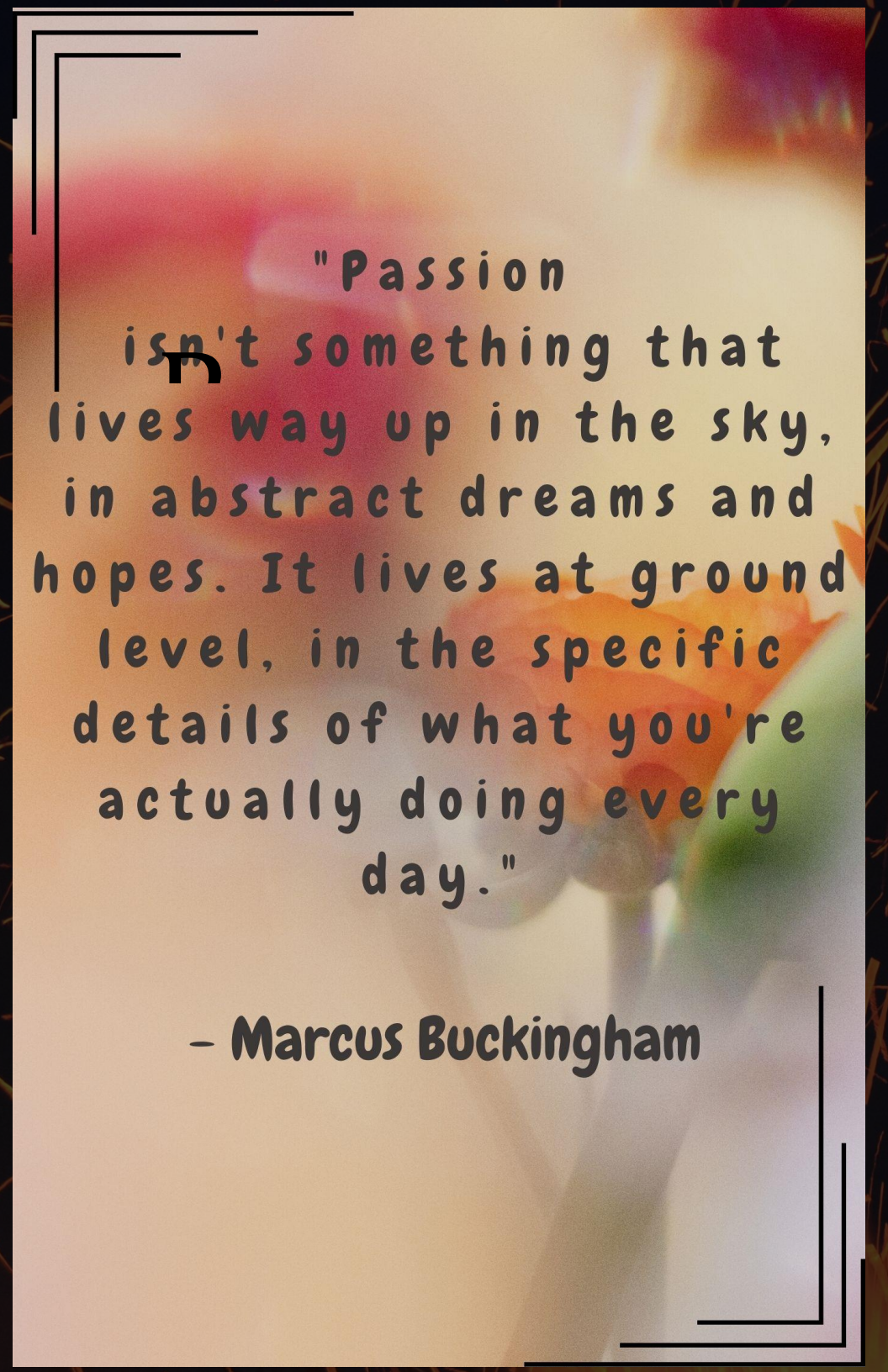
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**"Passion
isn't something that
lives way up in the sky,
in abstract dreams and
hopes. It lives at ground
level, in the specific
details of what you're
actually doing every
day."**

- Marcus Buckingham

Passion is more than dreams of wonderful things and following your bliss. **It is energy.** Passion requires reserves of energy that is replenished as you feed your dreams through accomplishments. **That feeling of power, drive, energy, and borderline obsession required to achieve your dreams is passion.**

A psychologist once related that, during both of her pregnancies, she lost all her creative energy. The conclusion she drew from this was that for her, there was a limited amount of energy reserves. During the time her body was creating and sustaining another life, she did not have enough energy to create anything more.

Considering the quotes noted previously with references to passion as energy and soul fuel, her thinking makes sense. Passion is energy - physical, emotional, and spiritual. Perhaps passion is even social when working in groups or sharing your passion with others.

In the case of social energy, we are fueled by both the intrinsic and extrinsic rewards of our progress, success, accomplishments. The passion is continuously sparked, and reserves

are replenished, through these processes. The drive - and need - to continue to reach toward our goal is reinforced.

Let's look at this in greater detail.

PASSION: PURPOSE

Finding Your Purpose

Finding your purpose makes it sound like it is lost. That you have misplaced it. That it is somehow out of reach.

But, in truth, **your purpose is all around you.** If it is out of reach, that is because it's out of your consciousness - likely crowded out by busyness, stuff, and mind-numbing activities.

To have a purpose in life is to fulfill a calling or engage in a mission. Purpose is action driven by passion - the energy that nourishes our dreams, desires, ambitions, and goals.

Your emotions can help you realize your purpose. Even anger can help because anger is energizing. People who channel their anger into action get things done and they are not likely to lose sight of their purpose.

Try these techniques to find your purpose:

1. **Slow down.** Rest your body, mind, and soul. Immerse yourself in the present moment. Take in your environment and focus on your senses.

2. **Become aware of things that make you smile - and things that make you angry.**
 - Movies and books that resonate with you deeply
 - People who inspire you
 - Things that bring you joy
 - Injustices that push your buttons
 - Policies that make you want to scream
 - Social issues that break your heart and make you furious

3. **Allow yourself to explore your memories.**
 - What did you love to do before you got too busy/tired/old/broke to enjoy it?

 - Recall the wrongs you wanted to right and the problems you

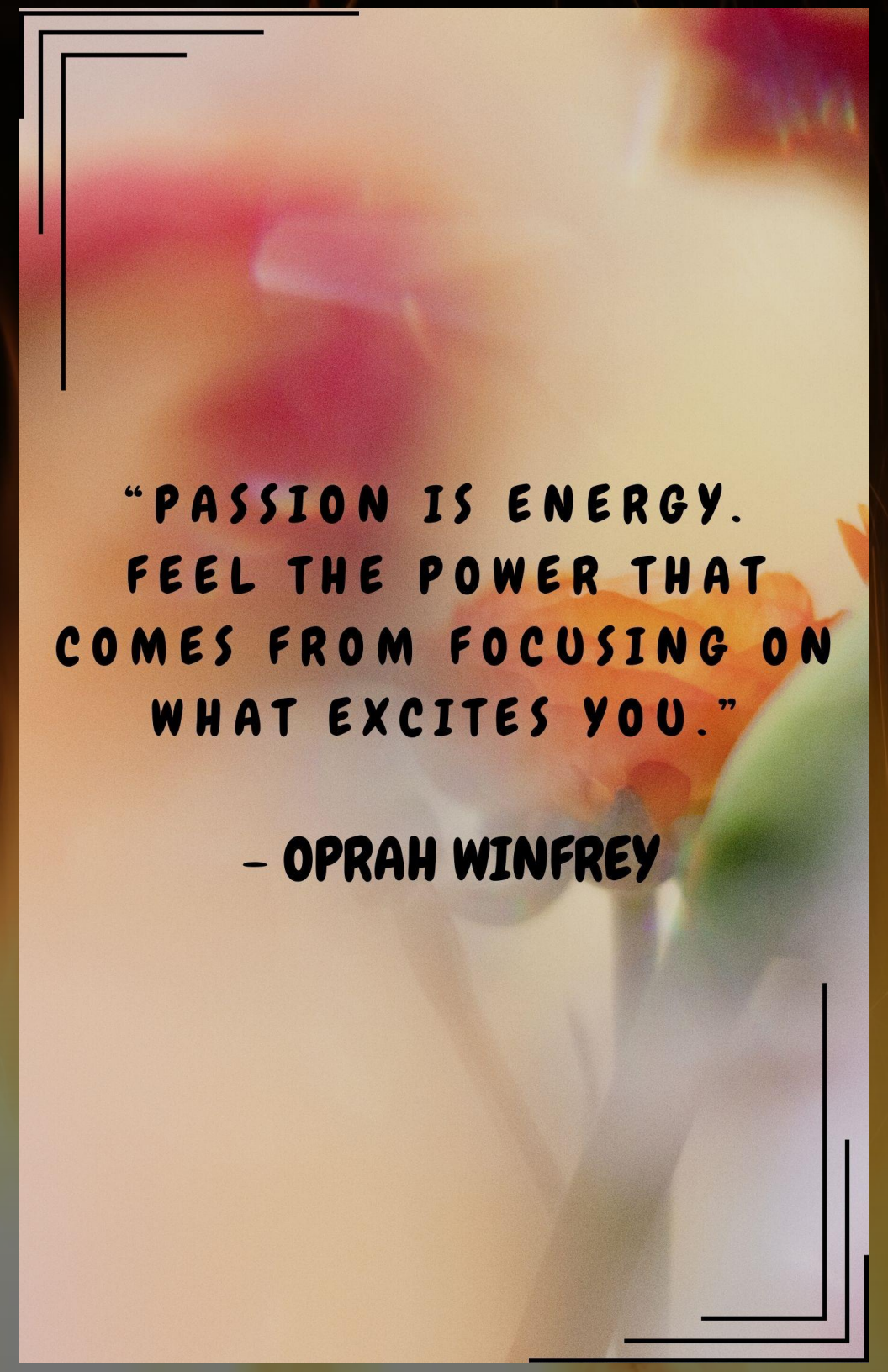
wanted to solve.

4. **Make time.** Prioritize and embrace things that make time stand still or energize you to take action.
5. **Do something!** Move toward your purpose, no matter how small the action.
 - Make a call.
 - Attend a meeting.
 - Do online research.
 - Start an online group.
 - Ignite the fire.

Committing to Your Purpose

The act of committing to your purpose requires goals. Mihaly Csikszentmihalyi, author of the groundbreaking book *Flow*, believes that goals need to be beyond our reach, but not too far beyond our reach.

Think of long-term and short-term goals. **Short-term goals are close enough to motivate you, but far away enough to make you stretch.**



**“PASSION IS ENERGY.
FEEL THE POWER THAT
COMES FROM FOCUSING ON
WHAT EXCITES YOU.”**

- OPRAH WINFREY

want to do something (big picture/long term goal - not likely that you will attain that one on your own), then decide how you want to contribute.

Create short-term goals based on what is doable, but not quite within your reach. It may be a project that has many steps - each getting you closer to your goal. For example:

Goal: Ensure that all children in my county have access to school lunch.

Ideas to achieve this:

- Fundraiser to pay off all school lunch debt
- Establish a fund to pay for all loans for school lunches each week
- Registration drive to get families who qualify signed up for the free lunch program
- Solicit people to make healthy lunches for kids who are unable to eat at school due to allergies, etc.

It is most helpful to have target dates, deadlines, or milestones built into your goals.
If they are reasonable, and they should be,

milestones provide a sense of accomplishment and reinforce your purpose. **Each achievement fuels the next** - replenishing the stores of energy that ignite your passion.

Living Your Purpose

Once you recognize your purpose and commit to goals with short-term, achievable action steps (objectives) get to work!

Lose yourself in the moments of flow. **Allow yourself to celebrate milestones toward your goal.** Find a way to share your progress with others and it will provide additional motivation for you.

If your purpose involves a solitary pursuit of your goals, **establish ways to recharge.** Many people do this through relationships and emotional connections.

If people aren't your thing, get a pet.
Hemingway, Salvador Dali, Freddie Mercury,
Elvis, Franklin Roosevelt, Picasso, Stephen
King, Winston Churchill, Kurt Vonnegut, Alfred

Hitchcock, and many more formed special bonds with their pets.

PASSION: ENERGY

Body

Passion as energy - soul fuel - is certainly physical. As such, **passion requires participation from the body**. Although many who live their purpose report working for countless hours without food, sleep, or restroom breaks, it isn't sustainable. And it is not healthy.

A well-rested, nourished, and hydrated body strengthens the functions of the mind. Flow requires focused attention, which includes a sharp mind.

Keep your body alert with these actions:

- Move around at least every two hours to get the dopamine flowing again.
- Stretch your muscles.
- Wiggle your fingers and toes.
- Roll your neck and shoulders.
- Move your eyes side to side.

- Drink some water.
- Take a restroom break.

Mind

It is important to feed your brain as well as your body.

Keep the neurons firing and your focus sharp with plenty of protein throughout the day. A snack of protein every couple of hours combined with movement on the hours in between will help you stay alert and avoid distractions.

You can feed your brain and strengthen your mind with these activities:

- Puzzles
- Learn new languages
- Play an instrument
- Social interactions
- Take a class
- Pick up a hobby

In addition, find ways to use your mind that are not related to your goals. Varied types of

activities give it the exercise it needs to stay sharp.

Soul

How do you nourish your soul or spirit? Some people find that being in nature meets that need. For others, it is more traditional, such as going to places of worship. Many find that meditation, journaling, breathing, and stretching activities replenishes their soul.

Sit on the porch with a glass of wine or cup of tea and take in the surroundings. Breathe in the moment. Focus on your senses and let everything else fall away.

Whatever works for you - do that.

PASSION: FLOW

Mindfulness

We have mentioned the concept of flow a couple of times. **Mindfulness is a term that is more commonly use to refer to that Zen-like state of mind.** Whatever you choose to call it, it is the result of living your passion and fulfilling your purpose.

Mindfulness and flow are about being so focused that nothing else matters. It is about living in the moment, fueled by the soul energy that propels you forward to the goals that are just out of reach.

Lean into the work. Drafting forms for a committee meeting may not seem like living your purpose. But if the meeting is about your passion for and purpose of ending hunger for school children in your town, drafting the forms is part of the bigger picture.

If you get lost in the details, **remember your goal**. Put pictures or goals in writing near your desk to remind you of your purpose when you are tired or frustrated.

Every small step gets you closer. Maintaining a focus on whatever is in front of you allows the work to flow.

Internal and External Motivation and Rewards

While passion and love for your purpose (or anger about some injustice) provides internal motivation, you may still get bogged down when things are difficult. During those times, a bit of external motivation can carry you through.

Your intense desire to see all children eating lunch at school will drive you toward your goal. Going to the school at lunchtime to sit with kids who are benefitting from your work will provide an external reward to keep you going.

Many of us are internally motivated to do the work that we do but getting a paycheck is a

great reward to remind us of the other benefits.

What motivates you to do what you love?

There is an argument to be made that doing well builds our confidence, which reinforces the motivation to continue. For those who help others, whether directly as a helper or indirectly as a City Council member, helping gives us a sense of being a good person - also a great motivator.

So, in many cases, our motivation is self-reinforcing through these intrinsic rewards. And receiving a commendation for a job well done certainly helps.

What's Next?

The starting place is often the end. Stephen Covey talks about beginning with the end in mind. **That refers to your goal - what do you want to accomplish?**

If you are having a challenging time finding your purpose or passion and are ready to start

living a fulfilling and purposeful life, I would love to go on that journey with you! Simply send me an email at info@drjumoke.com or simply send me a DM on my Instagram page (@Drjumoke)

PASSION AND PURPOSE:
How to Fuel The Fire and Pursue Your Dreams
