

# Just Get Serious® About Success

Discover Your Passions

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

G. Hegel - German Philosopher  
(1770-1831)

The above quote makes many people feel frustrated or confused because they do not know what they are passionate about doing. Such individuals often ask me if I believe we all have gifts, talents, and passions. I tell them "yes" and then explain that they can find them in either their past, present, or future. If you feel like they do, then you will definitely want to continue reading to find out how to discover your passions.

### **The Past**

If you are looking in the past to discover your passions, then you need to ask yourself what did you love doing as child or young adult? Or what did you want to be when you grew up? Then think about what kept you from pursuing that dream. Maybe you got discouraged because family members, friends or others pointed out how your personal traits (for example, being a boy or girl) would hold you back. Perhaps they talked about your limited knowledge or lack of resources as reasons you would not be successful. Whenever I give a speech on this topic, afterwards people will approach me to say that as a child they were dissuaded from pursuing what they really wanted to be which was an artist, poet, singer, lawyer, chef, police officer, teacher, etc. If you are like these individuals, I challenge you to ask yourself what is stopping you now? Are you still letting others dictate what you will do with your life?

Maybe it was not others. Perhaps you told yourself that you were not smart enough, attractive enough, tall enough, etc. If so, I ask you to stop thinking of those things as valid reasons and consider the quote by George Elliot: "It is never too late to be what you might have been." So I repeat my previous question: "What is stopping you now?" Regardless of your circumstances, you can probably still get started pursuing your dreams.



Saving money may have to be your first step to pursuing your dream.

A word of caution: don't overwhelm yourself by trying to do everything at one time. As an adult, you have many responsibilities, so start slowly. You may only have time to do small things at first. Or you may have to begin by just saving money so you can move forward. And that's fine because you are still doing something. Or perhaps you can begin by taking a class, finding a mentor, reading books on the subject, etc. Whatever it is, be willing to get started now.



Ever dream of being a singer?

## The Present

Maybe the past does not hold the key to discovering your passion. Perhaps it can be found in your present day life. Do you know what your gifts and talents are, but you have not mustered up the confidence to move forward? If that is the case, don't let your doubts hold you back any longer.

If you don't know how to get started, take classes, get a mentor, or join an organization of people working in that particular field to learn what is necessary. There are associations for every endeavor, including writers, artists, electricians, carpenters, lawyers, accountants, etc. Also for many fields there are associations for women, minorities, the disabled, and other segments.

And don't let your gender, race, or age stand in your way. Most fields have had their glass ceiling broken, or at least slightly cracked, by the first woman, first Hispanic, first African-American, first disabled person, first senior citizen, and the list goes on and on. When Barack Obama was elected President of the United States last year, that glass ceiling was forever broken. If the glass ceiling of your particular field has not been broken yet, maybe you are the person who should do it. So move forward.



President Barack Obama

Don't let your current job stand in your way. Joanne Smith, a Senior Executive Administrative Assistant at The Coca-Cola Company, decided that working a full-time job was not going to stop her from pursuing her passion of singing. You can read about Joanne in last month's newsletter, [Pursue Your Passion](#).

Perhaps you don't know what your talents are, but other people do and they have mentioned them to you. But you shrugged off their comments thinking: "That's nothing special," or "Anyone can do it" or "They're just saying that because they are my friends." Many times others can see something special in us which we cannot see ourselves. Instead of dismissing their suggestions, be open to considering them and possibly moving forward to pursue them.

## The Future

If your passions and talents are not apparent after thinking about your past or examining your present life, then your future holds the key and your passion is something you have not done it yet.

As an example, consider Liz Mooney, who lives in Albany, New York. She is a critical care nurse, wife, and the mother of two boys. Liz is also a boxer. Yes, boxer! Ten years ago, after the birth of her second son, Liz decided that she needed to lose weight. Her husband suggested that she try a boxing routine. So she joined Rick Sweeney's Gym. What started as a workout to lose weight became her passion. She began boxing on an amateur level and then decided to go into it professionally at the age of 35. At that age, most boxers are retiring. In 2007 Liz won the WBE Woman's Welter Weight Title. What's important for us to realize is that boxing was something she had never done before or had an interest in until she tried it at age 30.

Chris Rock has a similar story about discovering his passion for comedy. During an interview on Inside The Actor's Studio, he told, James Lipton, the TV show's host, how he started his career as a comedian. In February of 1985, Chris was standing in line at New York City's Radio City Music Hall to purchase tickets for an upcoming show. While waiting he was reading a newspaper when an ad for an audition at a comedy club, *Catch A Rising Star*, caught his eye. It is important to understand that at this time, Chris had no aspirations to be a comedian. However, the thought of auditioning intrigued him.



Chris Rock

So Chris left the line and walked 20 blocks to the comedy club. While waiting to audition, he wrote what he called "some bad jokes." Then he got on stage, told his jokes and got a few laughs. He was getting ready to leave thinking, "I tried this comedy thing; now I have got to go home" when the club's owner excitedly said to him "You were great! I think you have potential. You passed the audition, and you can work in the club." Chris said he was shocked. He stood there thinking, "Work in the club! What are you talking about?" That is how he got his first job as a comedian. As is often said "The rest is history."

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If you don't know what your passions, gifts, and talents, then you can discover them by taking the time to:

1. Think about your childhood and asking yourself what did you love to do or dream of doing. Then start pursuing those things.
2. Consider what others say you are good at and moving forward to explore those areas.
3. Try things you have never done before. (Remember the stories about Liz Mooney and Chris Rock).
4. Take classes in areas that interests you, but you have not yet explored.
5. Read books and/or listen to audio programs about people who have found their passions. Their amazing stories can inspire and motivate you to find your own.

As you move forward in pursuit of your passion, you will embark upon a life changing journey for which I wish you the best of success!

Donna Satchell, President of STARR Consulting & Training is a professional speaker, success skills trainer and author. She provides programs in customer service, teamwork, time management, public speaking as well as motivational speeches which inspire individuals to live more successful lives. Visit [www.JustGetSerious.com](http://www.JustGetSerious.com) for information about products and services as well as to view videos of Donna's speeches.

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