



The Art of Loving Yourself

The Guide for LIVING THE BEST TIME of Your life!

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Chapter 1 – Introduction

There are many successful people out there who are living their life 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. There are many reasons for this. The more you love what you do the harder you are going to work at it because you will be enjoying your work.

If you feel like you are bored with your life or not doing what you should 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. 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 as they see many other people but they just aren't sure what it is that they can do. Finding your passion is possible and it will take some deep searching within yourself. Your passion may be right in front of you and you don't even realize it.

Every passion has the capability of making money. It is just seeing the angle you need to take to make it happen. You shouldn't sit around and avoid your passion because you don't think you could financially survive on it because you can.

The purpose of this e-book is to help you find your real passion within. You will learn many techniques that will help you find your true passion and learn ways you can go about making them a reality. You can work toward your passions and make them a reality.

Once you finish this e-book you know yourself well enough to know exactly what your true passion is. You will know what you need to do to make your dreams a reality by using your passion and becoming a successful person.

Chapter 2 – Happiness is a Choice You Make

If you are not a happy person that is a choice you are making. You have full control over your life and the decisions that you make. There are many factors which people measure happiness. 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 wealth, possessions, status, or even the position you hold at work. 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, divorced and more. 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. They are subjective because happiness comes differently for everyone.

You might find joy and happiness seeking thrills through rides like roller coasters and bungee jumping. This thrill may be more than 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 their 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 that is because of the subjectivity.

Naturally Happy

It is true some people are naturally happy. This is proven through a 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 a determining factor.

If you are not a naturally happy person you can change the way you think and feel so you are. The key is to change the way your brain thinks and the things you do. You can learn to do things on a daily basis to bring up your happiness level which will help you learn to smile more and be a happier person.

Sleep

Sleep is a big factor if you want to be a happy person. Sleep is needed for the body to be able to function properly. When you don't get enough sleep you might be moody, have an inability to think clearly, and very unhappy.

You might get 8 hours of sleep but you think that you get enough hours of sleep. You may be oversleeping or even be sleeping the wrong way. Some people don't get a good night's rest with a pillow while others need a very fluffy pillow. Your mattress could play into a bad night of sleep also.

Sleep is a big factor and lack of sleep can cause problems with your health also. Ensuring total well being requires a good night sleep.

If you are not sleeping well and you have determined the lack of sleep plays into how miserable you are throughout the days you need to fix this. You might need to change your daily schedule so you can get to bed earlier. You also might need to encourage other people in your household to help you a little bit more if you are working too hard.

Sleep can be the entire reason you are miserable. If you have the inability to get to sleep and you toss around all night long staring at the alarm clock this could mean many different things. Some people are very depressed and it causes them not to be able to sleep well. To ensure happiness you need to get a good night of sleep.

Exercise

Exercise is very good for the body and it helps the brain put out endorphins which are responsible for making you happy. Exercise is important for total health. This doesn't mean that you have to be on a heavy exercise routine on a daily basis. However, you should try to sweat everyday. You can get an amazing exercise but just cleaning the house and doing normal household chores. This isn't about losing weight. It is about creating happiness.

Meditation

Practicing meditation doesn't mean you belong to a cult or you are doing anything religiously wrong. Many people associate meditation with Buddhism and think it is wrong. They are missing out on something extremely important which could be exactly what they need to balance out their days.

Meditation is one of the most effective ways to change your subjective well being. Doctors have proven meditation to generate brain activity on the left side, which produces a positive emotion in the body.

Chapter 3 – Questions to Ask Yourself

When you are looking for your true passion because you seek happiness in your life or that there is a gap you need to fill there are many questions you need to ask yourself.

By carefully answering these questions will help you understand more about yourself and possibly what might be holding yourself back from being happy and pursuing your passions. Here are many questions you should ask yourself. You might want to get out a notepad to answer these questions or just make a mental note. Writing the answers down is usually better.

What really inspires and engages you?

This question may be a little difficult to answer but you may find the answer after you finish the rest of the questions. However, you need to be very clear about where you get your inspiration from. 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 do for

sure if you knew there isn't a chance whatsoever of failing what would that be?

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

Many people find themselves in situations where they have fallen into a situation where they are not doing as they wish they were. They go to work because they have to not enjoying a single day of it. If you started over again would you take advantage of the new beginning or would you go back to where you are? What would you do?

If money wasn'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.

What is your biggest dream?

If you have a big dream, what is it? There must be something you really want to do that you dream about. Think about this one thing and focus on it.

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

Name all of the things that have caused you to not follow your big dreams. These things could be people who do not support you, money, fears, and other things. There are many different types of barriers which can be overcome. 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. These could be barriers causing you not to move forward.

What passion are you afraid of owning or admitting?

Many people have dreams and passions they are afraid to talk about out of fear of being made fun of by other people. 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?

Did you have dreams of becoming someone 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 going to die real soon. It is often too late for many people to go back and change the things they missed out on. They would have lived their lives completely differently if they had the chance. If a doctor told you that you hadn't any time left but a few weeks, then what would your regrets be? What would you want to do before your time was up?

Now that you have answered these questions you should have a good idea of some of the things that make you happy and your dreams. You need to have a clear idea of the things you have always dreamed to do. Just think about if you won the lottery and what you would do with the money. What would you do with yourself? Knowing these things is very important.

Chapter 4 – Peak Experiences and Existing Talents

Your capabilities are very important when you are thinking about taking your dreams and making something of them. You need to think about peak experiences and existing talents you have that you can use toward the benefit of 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. You don't have to have won an award. 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 you wish you could do

again? Consider some of the accomplishments you have made. You might have built things in the past when you were younger.

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. Maybe you have an interest that you like to read about and this is your hidden passion. Think about something you are very knowledgeable about because you choose to be, not because you are required to be at work.

Some of the highest times in your life may be the passion you wish you had back in your life. You might have used to be a runner and always wanted to win the New York City Marathon but now you are a smoker and have written 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. If you don't have a hobby like making candles, beaded jewelry, or working on cars on the weekends it doesn't mean you don't have a skill. This just means that you haven't quite figured out what your skill is yet. You need to know what it is that interests you the most. The majority of people are very good at what they do when they enjoy it.

Chapter 5 – Using Curiosity & Creativity

One thing that is very important is curiosity because it is the base of passion. You might have understandings that are blocking you from realizing what your true passion really is. Here are many ways you can use curiosity to help you determine what your true passion is so you can use it to be successful.

Making Your Mind Active

Curiosity helps create an active mind. When someone is curious they always ask questions and seek for the answers. This causes their mind to be active most of the time. When you are curious and working the mind you are making it stronger. Your brain is like a big muscle and by working it you are making it much stronger.

Open to New Ideas

Curiosity also allows you to see how things can be at different angles. When you are set in one way things are limited because your mind is not willing to accept a different solution. It is much like your life. If you don't see your life becoming any more successful than it already is then you won't be. If you can open your eyes to new ideas about how things can be then you are more willing to try them.

The great thing about curiosity is that when ideas do come to your mind they will be recognized also 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.

This also means you must be open to suggestion. Many people offer input that you might not want to hear. This input could have been the one thing that was what you needed to do in your life. Be open to suggestion by allowing yourself to ask more questions and seek different answers.

Open to New Possibilities

When your mind is open to new suggestions you will also see the bigger picture in almost every situation. Your world will be open to

new worlds and possibilities because you will be curious. Normally you wouldn't see these things like you see today.

It takes the most curious mind to have the capability to look beyond the normality of life and see things hidden underneath the surface. These are worlds and possibilities that you can make happen. You have total control of your curious mind.

Excitement

If you are bored with your life you are most likely not curious at all. Curiosity builds excitement in your life because you will want to see things. There will always be new things that attract your attention and an abundance of toys and gadgets that you enjoy too.

When you are curious you are adventurous and it is so much fun to add adventure to your life. This doesn't mean you need to go on an African safari. It means you need to look around you and see the things that are going on a little more than you normally do. Do a little research and find out why things tick. Be curious and open to new things rather than having the same boring routine every single day.

Developing Curiosity

If you consider yourself to be curious but you are in a routine of the same thing everyday and basically bored with life you are not. You are boring. You can develop curiosity to help you become a more exciting person and see the life you can have. Once you become curious and you really want to know what your life will be like when you take your passions and make them happen you will be more likely to make them happen.

Keeping an open mind is the best thing you can do when you are developing your curiosity. You have to be an open minded person. If you are set in your ways most of the time this may be the most difficult task. Work on seeing things from a different point of view. Think about different versions of things and how they could end up.

Another thing you need to do when you are developing your curiosity is to never take things for granted. Many people accept things for how

they are. They never dig deeper and they lose their entire curiosity and excitement.

Many things are a really big deal and although it may seem simple to you it is important. Your child may want to do something that seems so ridiculous. It is about the time spent and you should never take these things for granted because they may not be available to you later. These also include wasting time in your life watching television when you could be working toward your passions.

Constantly ask questions. As you are developing your curiosity, it is important to ask questions. Who cares what people think about you? You are working on you and you need to be curious. This will allow you to get beneath the surface of things. Ask about how things work and why people are friends of each other.

Find out as much as you can about everything. Not only are you working your brain but you are learning new things and developing an understanding also. You are learning about why people do the things they do. Although you might do something one way people may choose to do it another. This is the opening of your mind you need to do.

Never label something as boring. If you are asked to do something with someone else and you think it sounds drab you need to get up and tackle it as if it is a lot of fun. Things are only boring that you make boring yourself. Labeling an activity or chore as boring completely closes the doors to something that might be your passion. In addition, you can think of ways to take that boring activity and make it fun.

Look at learning as something fun. There are many things about your passion you might need to learn. You might have put off your passion because it will require you to take a few courses. It is very common for people to think they are too old to learn new things and they don't follow a passion because of this. You are never too old to learn new things. The best thing you can do is continue your learning by reading as much as you can and learning new things.

You should never put a passion off because of learning. What you need to do is tackle the learning as a fun experience that is going to help you achieve a goal in the long run. Being curious is learning. You are in a lifelong class and learning new things every single day. So if you have to take a class or read a book to learn something new, tackle

it with a new attitude of excitement and fun. You will learn much more than you would if you thought the learning was a burden.

Reading new things is another way to feed your curiosity and develop it. You might like to focus on just one thing but you should be open to as many different topics and things as possible when it comes to reading. This can help you build your curiosity even further. If you do find you like to focus on just one thing then you might have found your passion.

Building Creativity

Do you think you are not a creative person? You actually might think you are creative and really not be at all. If you want to live out your passions and make them a reality then you need to be creative. There are many ways you will need to creatively tackle barriers and make things happen. The more creative you are the more successful you will be in your life. Here are a few ways you can build creativity in your life.

Make creativity a game in everything you do. When you come upon a circumstance you should give yourself the rules. Think about the objectives and any obstacles or strategic constraints that might be a problem. The more creative you are with these answers the better you are.

When you are creative you also have to set goals. Goals go with deadlines and you need to set a deadline with activities. When you attach a deadline with tasks it actually makes them more exciting. You also won't procrastinate as much either.

Self expression is a very important aspect also. You need to find every opportunity to express yourself that you can in a creative fashion. Not only in a creative fashion but every opportunity. When you look for opportunities to express yourself you are being creative in the process.

Expressing yourself can be in the way you display dinner on the plate. You might choose to dress up the meal with cranberries and garnishes. You may change the way you do a presentation at work and completely changing the style from the way your work does it. View every activity as a way to express yourself and be creative.

Allow more focus in your life. The best things you can do for yourself is eliminating distractions and noise when you focus on an activity. When you focus on an activity really hard you will see opportunities and qualities about it. If you really cannot pay attention to something then it really is boring. Again, find ways to make it exciting.

When you are working on activities that seem like they are boring then you should view them as smaller pieces of a bigger picture. You need to see the big picture of things and every aspect of an activity.

Walk around your home

If you are having a hard time figuring out what your true passion is it may be sitting right in front of you. You may have collections of items like figurines, magazines, hobbies you like to do on the weekends and more. Take a look around your home and see if some of the decorations are a clue to what your true passion is. You might be surprised you have surrounded yourself with items and not even realized it.

Chapter 6 – Barriers

Many people are very clear what their passion is but they have external barriers that are in the way. If you have barriers that are stopping you from living out your dreams then you need to get past them. You have full control of external barriers and you can do something about them.

People

The biggest barrier to someone not fulfilling their passion and dreams is another person. It is common for someone to add input that is hard to listen to because you feel like you are being made fun of. A person may ridicule the idea, think it is silly, and much more. The last thing you need to listen to is an outside opinion if it is negative.

If you have a passion you need to surround yourself with supportive people. Someone who is not supportive is not who you want around because they will only bring you down. That is, if you let them.

Many people have a spouse that is not supportive of a passion because they think the idea is ridiculous or they would be embarrassed of what your passion is. This type of person you don't need around you. If you are making a decision of your spouse over your passion then you are restricting yourself. It is important to make it clear to your spouse that you are passionate about doing something in particular and they need to be supportive of you.

When you have the right support you can do anything. When family members are not supportive emotionally then it can make things difficult. The best thing you can do is let them know you are fulfilling your dreams and they will not stand in your way. It is your life and you need to be satisfied with it when the time comes. People who are not supportive you may have to shut out for a while until they see that it truly makes you happy.

Money

Money is one of the biggest barriers that cause people not to move forward with a passion. You might be an excellent mechanic and you want to start your own shop but you have never moved forward with the idea because of the cost. Money can be overcome.

There are many ways to get money together to start your own business or live out a passion that might cost a lot of money. The best thing you can do is begin cutting costs in your life where you don't need them.

Many of the ways you can cut costs in your life include not eating out everyday for lunch at work. Pack a lunch. Consider taking the bus and not driving in everyday so you don't have to costs for gas and parking. Think about many of the additional expenses you have that you really don't need. You might buy tons of extra things at the grocery store you don't even eat but it happens because you always go grocery shopping when you are hungry.

Every time you save money you would have normally spent on something else like a lunch at work you need to put the money away. Open a savings account or buy a lock box at home and put the money in it. Don't count the money or ever get into it. Just remember that every time you are adding to the box you are getting closer to achieving your passion.

One thing to remember is that by being creative with your life you will most likely find other ways you can make additional money to put aside for your endeavor. You also may find a way to start your dream without any startup costs. There are many ways to start your own business if it means you begin in your home first. If you love to make aromatherapy candles and you have always dreamed of owning your own shop then you can start a business online first. You may even find your online business is more successful than a brick and mortar store would ever be.

Money is an obstacle that can be overcome. It is the most common excuse people use for why they cannot live out their dreams. You should never fear for your survival. In addition, if you have a supportive spouse they will help with the financial burden while you are getting started so you can live out your dreams. In most cases, the financial payout in the end will be much better.

Time

Another reason many people do not live out their passions and make them happen is because they say they do not have the time. This could be close to true if you commute to work hours away and get home late at night. It is common for many people to be slaves to their work and never have time even for their family. This makes them feel selfish when they want to take time out for themselves to live out a 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 just a little bit later. Remember, sleep is important for happiness and a good day so you cannot cut too much into your sleep.

You might get an hour for your lunch hour and can bring crafts with you to work or your laptop to work. This way you can work on your passion an hour each day. Finding the time is very important.

Time wasted is very common for people who claim they do not have the time to live out their passions. You might spend hours every night watching television and not doing very much on the weekends either. This time might be your relaxing time because you work so hard during the week.

It is time to start cutting out all of the time wasted in your life going out with the guys, watching television, and doing things that are not productive. You do have time to get started. You just need to manage your time better. Remember that you don't have to complete an entire project once you get started. If your project is hours and you have an extra hour each day then you can do a little bit at a time. This will allow you to have something to look forward to each day also.

Job

If your current job is the reason you cannot live out your passions because you are currently a slave to your employer then you should find a new employer. If you are not doing what you love to do in the first place then it won't matter if you find another employer.

Your job may be your livelihood but you need to work toward being happy with your life and successful. When your job is the reason you cannot be happy you won't even be successful at your job. You won't move up and you will despise it. It may be very hard to wake up every morning to go to work each day. Don't you want to do something that you enjoy waking up in the morning each day for? You can and you have full control over this.

Fears

Fear is another one of the biggest reasons people do not move forward with their passions and make their dreams reality. You can overcome fears and you need to overcome them. By the power of curiosity you will be more open to suggestions and know that there can be a better outcome than what your mind has limited you to believe.

You might have a fear of failing and this is why you have not moved forward with your passions. If you fear failing it is natural. It is like learning how to ride a bicycle or learning something 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. You have to pick yourself back up and keep it going.

Being afraid to fail is normal and you don't have to let it stop you. When you fail you need to take it on as a learning experience so you can grow from it. Failure can be turned into a positive experience.

You might even have a fear of success. That might sound funny but many people are afraid to succeed. They have problems saving money and as soon as they start saving up enough to start their dream they spend the money on something they don't even need. Later they are kicking themselves and begin the saving process all over again.

You should never be afraid to succeed. This fear is natural and many people have a self esteem low enough they don't believe they are good enough to be successful. You can be as successful as you really believe you can be. Don't let your fears of what could be getting in the way.

Learning

Learning is another obstacle for many people. You might have finished school 20 years ago and figure you are done with learning anything new. This is silly and you are always capable of learning even when you are on your deathbed at 80 years old. You need to take on the entire learning process as a fun and exciting thing. You will be living out your dreams soon and if it requires you to obtain a certification or learn something then you need to look at this as a stepping stone toward your goals.

There are many obstacles that you can say are the reason for you not living out your dream. These are only temporary barriers that you are using as an excuse for not moving forward. You are in control of barriers and your mind. You have control of the people in your life who are supportive or not. You have control over your job or the ability to creatively find ways to fund your endeavors. Barriers can creatively be overcome to get started with living out your passion. You need to stand up and say no more to barriers that are in your way and start living your dreams.

Chapter 7 – Goal Setting

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

When you set goals the best thing you can do is attach a date on different milestones. Take a specific goal of your passion and attach a completion date to it. Upon a completion date, you will then break down your goal into many steps to get you there. Each of these steps are milestones. You might consider putting a date on each milestone based upon how long they will take you to get to. These might be estimated dates and you might be off by a day or two. However, one milestone may be accomplished quicker than another so it can put you back on track.

Working by using a goal method gives you something to look forward to. The best thing you can do is reward yourself at the end of each goal or you may be seeing the reward as you are getting closer to your passion actually happening. When you are working toward a completion date you are more likely to work on the goal rather than say I plan on getting it done eventually. A date makes the goal more real.

Goals with milestones allow you to see the forward progress you are making toward achieving your goal. You might consider making a chart with the dates and step attached to it. Break down each step with tasks you need to complete and things that need to be done. As you reach each milestone you will be closer to reaching your goal.

The closer you get to achieve your true passion the more ambition you will have to live out the dream and make it happen. If you need to brush up on your skills first then take a few classes. These classes will be a part of your milestones and steps to get to where you want to get to. As you complete each one then you will have completed a milestone and closer.

If your goals include steps that are very difficult to do and require a lot of hard work on your part do not be afraid to reward yourself for getting to where you are in your project. Buy a bottle of wine and take the night off and celebrate for reaching a goal. Do something to treat yourself for your hard work. You deserve it and you are worth it.

Any project you decide to tackle or endeavor you want to achieve you need to design it as a goal with a breakdown of the steps to get to the goal. This will make the goal look so much easier to get to and you will work harder to achieve it. In addition, you have a way to measure just how close you are to actually making it happen in your life what you have always dreamed of.

Chapter 8 – Living Your Passion

When you live out your passions there are many things you need to do with your attitude and your life in order to be successful. You will be a more successful individual with life and your passions when you practice these things.

You can measure success any way that you want to. Success is not measured by money because anyone can make a lot of money. The goal is to make a lot of money by living out your passion. When you are working toward something you are extremely passionate about you will usually be fortunate enough to make some money. The important thing is that you can look back on your life and know you did everything you wanted to do and you have no regrets.

Be Whole

Your passion needs to make you whole. You need to focus on not just one thing but every aspect of your passion. Enjoy the experience in its entirety. Enjoy the process of ordering the parts and having them delayed for two weeks. This could mean a wonderful vacation for you while you are waiting rather than a sign you weren't supposed to get started on your passion. Don't look at negative things happening as a sign. Be whole with everything you do. Don't try to be fake or impress someone with someone you are not.

Be Passionate

When you are passionate about something you don't have to be a display of passion so other people can see you. Your passion comes from inside and if you truly love what you are doing then this will come

naturally for you. You will take pride in your work and if you design clay pots then you won't send a cracked pot out to a customer because you will be passionate about the quality. This is because you will own it and your name will be on it. You will be proud of every thing you do because you are proud of this.

Leadership

Leadership is another factor that you need to consider because you want to show people how living your dream can be done. You don't want to follow in the footsteps of anyone. You want to be passionate about leading change in your life. You are making a significant change to live your life how you want to. Create your vision and lead the way by achieving your goals that you have set out.

Continuous Improvement

As you are living your passion you will not be putting out the best every single time. You need to find ways to continuously improve processes that are slowing you down, causing poor quality, or frustrating you. When you continue to improve the process you will do better as time goes by and begin to see how well you can do. Productivity improves after time once you find ways to make things better. When you first start off with your passion everything may seem in disarray and a mess. You can fix this but it will take time and trials. You may try something fifteen times before you hone a method down to the most productive and quality method.

Action

Action needs to be all around you when you are living your passion. Because it has been so easy to procrastinate to work toward your passion you do not want to fall into the same problem as before. It is important to take action with yourself, people you include to help you and more.

Taking action is the most important thing to avoid procrastination. You want to work toward a big goal which is your dream. Nothing is going to get in your way or slow you down. Put a sign up that says

action to remind yourself you are working toward your passion by constant action.

You want to have people on your team that are action oriented also. Don't have people work with you that are not action oriented. If you have a really supportive aunt that likes to sit around and talk but not work hard then you cannot have her help you with your passion. She may be the person you can have help you create hype for your endeavor or business but not to take action. Find a place for her so she can help because you need the support.

Always reward action. Never let action and goal setting go without rewards. You want to reward everyone helping you and yourself. This doesn't mean you need to spend money you don't have. You can reward someone by letting them know you appreciate what they are doing for you. Acknowledgement of hard work is sometimes enough when people know you really appreciate it.

Model Your Heroes

Choose at least top 5 heroes who you adore and you want to be successful like and model them. Learn everything you can about your heroes and become an expert on them. Learn about how they became successful. This means you should know their entire autobiography.

Chapter 9 – Turning Passions and Goals into Reality

Turning your passions into reality requires you to do many things. Now that you know how to find your passion and live your passion you need to make your passion really happen. Here are things you can do to make it happen.

Believe

The most important thing to success believes that you will be successful. You really can be successful but if you do not believe it then you shouldn't even get started until you do. Your abilities are in your mind and you have total control over your success. It is not about impressing people. You can believe and you don't have to tell anyone. Believe. Relax and believe you will be very successful and

one day you will be so excited to sit on the Oprah Winfrey show and talk about your passion and how you turned it into a reality. Believe and feel empowered as you think about your endeavor and how you are going to be successful.

Attitude

Your attitude could make you or break you. You need to maintain a complete positive attitude. Be positive at all times. Don't let the little things get you down or upset you. You are living your passion and every obstacle now is a learning experience. Now you need to have a positive outlook on everything you do with your business and your passion.

When you have a good attitude it will help you become more successful with your business and your passion. You need to have a positive outlook and believe. When your attitude is positive and your outlook is positive things will begin to work in your favor more often than they ever have before. It is really about the way you look at things and not how bad they really are. You make things and a situation bad. Your attitude is what will make it positive.

Hone Your Idea

If you are in a situation where you cannot make your passion a reality today then you will need to hone your intentions. You can take your idea and make it better by chiseling away at the details. Lay out the plan for your project or business endeavor and every detail you will need to consider. When you are in a waiting period there is still plenty of things for you to do. Don't look at a waiting period as a sign you shouldn't get started or as another way to procrastinate.

Build Momentum

The best way to build momentum when you are working toward your passion is to act on the ideas you have. Act right away and don't sit around for something to happen or come to you. The same goes for a problem you need to fix. You need to act on it. The more responsive you are then you begin to build a momentum that is hard to break. Your laziness will go away and you will do well with being more productive.

Make the Best of Your Resources

When you are making it happen then you need to make the best of your resources. You might not have a lot of money and you need to find ways to take care of things like daycare and errands. You can find friends and other supportive individuals to help you. If you are short on supplies you might have to talk to friends and people to see where you can get a hold of more supplies.

The creativity you have learned in the earlier chapters of this e-book will play into motion at this time. You may not have money or resources you need. You need to be creative about things you can do. If you are a writer without a computer then you can go to the public library and use a free one. Find resources that you can use to make your passions successful.

Sacrifice and Hard Work

In most cases when someone works toward a passion they are prepared to work hard and willing to sacrifice just about anything.

When you first start off with your new job you might find that you are very poor to begin with. You cannot expect to be a success overnight. Things will take time but the importance is that you will be doing what you enjoy. You will be required to work long hours and sacrifice family time and many other things. Sacrifice is the most important thing you can do if you want to be successful.

There is no substitute for hard work if you want to reach your goals. Only you can reach the goals you set for yourself and you will need to work very hard to get to where you want to be. Embrace long hours, sweat and tears because they will be rewarding in the end.

Organize Your Life

Organize your life around your passion. You have started a new job or passion that you want to be successful in. Start living the successful day that you have always dreamed of. For example, wake up early in the morning, brew coffee, read the paper, talk on your blog, and more. Organize your life to be useful time that is healthy for you. Plan your time with plenty of exercise and healthy decisions. Be sure you are getting enough sleep also. You will have to put in a lot of hours to be successful at first but you cannot lose sleep or you will have problems

enjoying your passion. Working toward a passion means you get to sleep too. Proper organizing will allow you to be successful and more productive.

Visualize and Meditate

Visualizing is very important if you want to work toward your passion. Meditation and visualization help you see where you are going with your passion. You have an idea manifesting and you need to visualize it. Meditation allows your ideas to manifest inside of you so you will make it happen. You want to manifest your desires and you will be sure to make them happen.

Chapter 10 – Final Considerations

When you live out your true passion in life you will also need to accomplish a few more things. You must give your life to something, be free from pain, not focus on results, and not worry about survival issues.

When you give your life to something you immediately dedicate yourself to the passion. This means you will need to give as much time and energy possible to your passion. The rest will follow naturally as you are dedicated and entirely given to your passion.

The pain and pleasure principle does not count when it comes to working toward a passion. Your passion may give you pleasure as it makes you happy and you love to do it. However, reaching your goals may be painful and frustrating. You may cry at times and want to throw in the towel. Success is never easy but you would very much rather work toward a passion than you would go to a job you hate every single day. This passion is yours and you own it. Feel the pain and make it satisfying in every way. The pain will satisfy your soul which is much better in the long run because you will not have any regrets later on.

Never concentrate on results. The universe is going to take care of the results. Things might be slow at first and if all you are looking at is the results then you may never get there. Focus on what you need to do and you will find the way to freedom, according to Tao.

Never worry about survival when you are working toward a passion. This is the most important key to be successful with a passion. When you worry or have fear you will create problems for yourself. You need to have courage in your heart and your mind that you will be fine and you really will. You have the power to control everything and to be positive. Don't worry.

Chapter 11 – Conclusion

A 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 full life when they know exactly what their passion is and what they need to do.

Success is not measured by money. Even the richest people are very unhappy with their lives. In order to be happy you need to follow your passions and the riches and successes will follow along later.

There are many ways to look for and find your passion. You can learn what your passion is by asking yourself many questions. You might have the answer decorated all over your house and walls.

If you have a true passion and you have obstacles stopping you from achieving living the dream then you must get past them and you can. Anyone can be successful with a passion. They can turn it into their own personal business easily if they want to.

The keys of successfully making your passion work believes that it will work for you and working extremely hard. The harder you work the more successful you will be. If you have a wait time and cannot get started right away you can do initial planning for your goals.

Remember, always set goals with stepping stones to get to them. You will be able to see the progress you are making toward your goal and know how much longer it will take you. Award your achievements as you meet your milestones and get closer to your goals.

You are a person who is worth living their passion. You have the same capabilities as anyone else. You deserve to be happy and you deserve to live out your passions.



The Importance of Emotional & Psychological Health

Often, we do not focus on psychological health as vigilantly as we do an individual's physical health, regardless of gender or age. But like our physical wellbeing, we must also **be attentive to our psychological, or mental, state** to consider ourselves fully fit.

Many illness and conditions fall into this broad mental health spectrum such as learning disorders, concentration, tension, anxiety – test taking is a prime example – depression, mood swings, depression, and even sleeplessness.

At Native Remedies you will find a comprehensive set of herbal remedies to help you manage and optimize your psychological health – naturally and safely.

View Natural Products for Psychological Health

- Mood Support
- Stress & Sleep

- Learning & Concentration

Two Important Differences in Native Remedies Products

We use the **Full Spectrum Method** of extraction to create our products. Many *so-called natural remedies* are manufactured using standardized extractions which – although often cited as being more scientific method – is not approved by the manufacturers of holistic medicines.

To us, it makes little sense for companies to go the natural route, while being unable to guarantee that their product is free of contamination with chemicals known to be harmful to health! Using the Full Spectrum Method helps us to maintain the integrity, balance and

therapeutic effect of herbs with the least risk of side effects or harm to your health!

Read more about the our [*Manufacturing & Full Spectrum Approach*](#) »

We utilize a unique **dual-modality approach** to complete holistic wellness because we know that natural medicine works best in combination (herbal, homeopathic, flower essences and tissue salts) for fast relief and long-term care. Our approach provides a complete solution by offering OTC homeopathic remedies for relief of symptoms as well as compound herbal remedies for complete support of your physical, emotional and mental well-being.

While each of our natural remedies works well on its own to address a specific body function or relieve a particular symptom, we believe that by combining our herbal and homeopathic remedies you will find a complete solution that is safe and highly effective.

Read more about the our [*Dual-Modality Approach*](#) »