



Tips to: Make your passion your profession

Does the thought of getting up in the morning to go to work depress or inspire you? Surveys indicate that over 60% of people feel they're in the wrong job. Are you one of them? If so why spend most of your life doing something that you hate? It is possible to make a living based on what you love – and you can start that process right now.

Step 1.... Passion: What are you really passionate about? What is it that you love doing? What things do you care about? Write a list down. It's fine if there are a number of things on your list or just one or two. This is the starting point. As soon as you start to pursue your passions your life will become more fulfilling.

Step 2... Planning: Wishing and hoping isn't enough by itself. So the next thing to do is to research the areas that you're passionate about. If you can't be bothered then you are not serious or as passionate as you claim. How do people get into that field? What are the range of jobs or businesses that link to your area of interest? What training, qualifications and finance will you need? How will you make the transition? So, for once you know that it will take you three years to qualify as an interior designer and that you can study while you work you have the beginnings of a plan. To fail to plan is to plan to fail.

Step 3... People: Too often we feel that we're alone - it needn't be so. Seek those who've walked the path you wish t - and those who love what they do - and ask them for advice. More often than not they'll be happy to help or advise. Start within your circle of friends, family, contacts and current and former colleagues. This will also help you affirm and clarify what you're doing. Be giving to them too. Only share with positive people you trust.

Step 4....Pleasure: Even if you do not wish to change your job - or if you'll remain in your job for a while - you can bring more pleasure into what you do. What parts of your job do you enjoy? How is that you can bring more joy and fun into work? Things you can do are from today: stop moaning, stop gossiping, stop beating yourself up and to offer everyone a smile rather than a snarl. You'll be amazed at the impact that this will have.

Step 5....Persevere: I love the showbiz saying that it takes years to become an overnight sensation. It takes time to prepare a good meal and likewise it takes time to establish yourself in a new line of work. It will take all your passion to keep you on track and to keep you motivated. It may well involve sweat and tears and is more likely to be a marathon than a sprint. But the prize, living your ideal life, is well worth the effort. Every year I have the pleasure to meet and work with countless people who take this journey and it is quite remarkable to see the joy that doing what they want to brings to them. I wish you every success and remember ever journey starts with taking one small step.

Rasheed Ogunlaru is a leading life coach, speaker and business / corporate coach. He helps people of all backgrounds greaterfulfilment in all areas of their lives. He runs workshops and talks on coaches in person. He is author of *The Gift of Inner Success* and an inspiring books, tools and downloads To find out more about coaching, talks, or to order a product visit www.rasaru.com