



## ask the life coach

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# passion patrol

*Passion is on the loose!*

**B**ut, what is passion? How do you know if you have it? How do you find it? Does it exist outside the bedroom? Our last article on passion made readers curious and eager to learn more. Well, you're in luck because Lindsay's my name and passion's my game!

### What is passion?

Webster's dictionary defines passion as: "Strong emotion; outburst of anger; intense sexual love; strong enthusiasm." I like to think of it as anything that makes my heart sing or body tingle.

Passions can be hugely significant like feeding the starving children of the world, but don't have to be. Passions can also fall under the "Chocolate Chip Cookie Factor". My dear friend Niana constantly teases, "Linds, it doesn't take much for you. You get elated about a good chocolate chip cookie." It's true. I take great pride in my ability to savour and delight in the little everyday passions. That's what I want to ignite for you – living all the little passions to enjoy your life to the fullest.

Try this simple, yet effective exercise for the next week. Pay attention to everything you do. Set your passion-metres, evaluate all you do through the lens of, "Does this move me and make me feel alive?" When the answer is yes – you've discovered a passion. By simply noticing new passions you'll automatically begin to honour them.

### Where to look

Playing in the leaves with your children; cruising down a ski hill on a sunny, crisp

winter day; going for a run; dangling your fish hook over the side of a boat on a sparkling lake; reading a great book; lying in your partner's arms after sex; a luxurious bubble bath; a fine glass of wine with your favourite meal or really scrumptious chocolate. Hidden passions are all around. Reflect on your peak moments and introduce more of those passions to your life.

### Still struggling?

Turn to the wisest of mentors – your body. An infinite amount of wisdom resides in your body, waiting to be asked. Notice when you feel light; excited; get butterflies in your stomach or just can't stop smiling. Ask, "What's going on in this moment?" Chances are it's an unrecognized passion. If you feel a buzz after a deep, connected conversation with a close friend, notice it, then create more time for those conversations.

### The most important step

Get out there! Discover new passions. Try something outside your comfort zone. Take up a new sport; make a new friend; start a new hobby or take on a project at work you never thought to do.

Be willing to take a risk for the sake of stumbling on a new life passion. Really listen to your little voices that say, "This looks cool, I'd love to try that some day." But don't wait, take the leap today – this could be the key to living your life with passion. **H&L**

*If you have a burning life question, please email [lifecoach@healthandlifestyle.ca](mailto:lifecoach@healthandlifestyle.ca)*