



# LIVING your Life WITH PASSION

*Following her successful workshop with FOCUS members in February, Jessica McGregor Johnson shares her professional experience of helping clients find the passions in their lives*

Something magical happens when you discover your passions: you get a clear signpost as to what direction to go in your life. I have seen time and again when working with my clients that once they get clear on their passions, then opportunities also become clearer too.

This is especially true if you have had change happen to you, rather than by choice, which is often the case when you and your family are relocated. Maybe you've had to leave a career behind or a lifestyle that you loved. Whatever your situation, when you find yourself in a new country, it can be frustrating to know where to start to build up a new life. You might feel that you have lost your opportunity to follow your passion – that you have had to leave it all behind.

So how can discovering your passions help? Firstly, when you do the Passion Test you realise that it is not just about career, or lifestyle. There are other things in life that you are passionate about, maybe specific achievements that have been waiting on the sidelines for an opportunity to see the light of day, or a hobby that you've enjoyed but never had enough time for.

I did the Passion Test with a client who was totally focused on her business. Every hour of the day was spent on building this business and she was not feeling too passionate about it anymore. When she defined her top five passions not a single business-related passion was present. She was really shocked but it helped her see how out of balance her life was, and she made some changes that not only turned round her life, but her business too. Why? Because she was passionate about it again.

Now, I have to reveal a secret: your passions are not something that are hidden away from you, something to be discov-

ered that you haven't previously allowed yourself to see. One person I was talking with said that when she wrote down her passions nothing new came to mind. How could it? We can only be passionate about what we know, or we think we know we want. You can't be passionate about something you don't know. But you can fail to be focused on your passions or even dismiss them because they are so obvious.

When you make a move to a new country, you need to start with the bigger picture if you want to create a life that is going to fulfil you. Rather than trying to recreate what you had before, it is about creating something new from the current situation. To do that, you need to get a different perspective on yourself. You need to look at the world you are living in with new eyes.

One of my clients was made redundant from her job, which made her unhappy. It wasn't so much that she loved her job, but she did love the lifestyle it gave her and it felt safe, known and secure. However, she decided that instead of trying to recreate the same she would take some time to discover what else might give her fulfilment and meaning to her life.

To start the process of discovering your top five passions, you write out a list of things your life would hold, if your life were ideal. This list is about all things in your life – family, friends, relationship, work, career, finances, health, learning, hobbies, spirituality, fun stuff – it is about the bigger picture. My client said just writing out this list widened her perspective from the tunnel vision with which she had been looking at her life. This is something you can do straight away. Once she had gone through the process of choosing her top five passions, her number one passion was her sensibility for taste and smell. It was very important to her, but she wasn't using it at all. Her old job had been in marketing – that's how far away from her passions her work was! She decided she wanted to use this passion in her work and, as it was November, decided to bake and cook for the Christmas markets.





## “Whenever you are faced with a choice, choose in favour of your passions”

Despite the short notice, she managed to get a stall and had a great time baking and selling her Christmas fare.

This was an important step: she was trying out an idea to see whether it worked and whether she enjoyed it before she made a larger commitment. When you light upon an idea, you do need to check it out and see if it is viable, and whether it feels passionate when you do it. After all, what you want is to feel passionate about your choices.

Once my client had that experience with the Christmas market, she decided to open a restaurant and hasn't looked back since. What is also key about this story is that the need she had for security and safety changed when she started to follow her passions. She got into the excitement of life and so no longer needed so many it's dotted and t's crossed. That is not to say she was reckless but the fear that had been holding her back before had shifted and changed and now she felt much more confident in her ability to create whatever she wanted from her life. She actually said, “If this doesn't work then I will go and do something different”.

In the Passion Test, there are three keys to creating a passionate life.

**Intention:** Consciously stating what it is you choose to experience in your life is the first step to manifesting it. This is about being clear about the ‘what’. Your passions become your intention: until you are clear on what you want to be living in your life you will not be able to create it. Fuzzy thinking creates fuzzy results.

**Attention:** Once you have become clear on your intention then you need to put attention on it. Your life becomes like that on which you put your attention. Give attention to that which you choose to experience in your life, and it will begin to show up. Action engages attention. You can try this out in a

few different ways. You can create a vision board, so that every day you are visually stimulated by what is in your future: that feels good. You can also create markers, little vignettes that illustrate exactly what you would be living if you were living this passion at 10 out of 10. Another way of putting attention on your intention is to take action. Review your passions every day and ask yourself, is there one thing I can do today to be living this passion at a 10? If an idea pops into your head, then do it then and there.

**No Tension:** An openness to what is appearing in the moment allows life to flow. If you are stressed and tight around what you wish to create in your life then it is so much harder to create it. Take ‘easy action’, not trying, striving and forcing something to happen, but ‘let go’ and let life take care of the ‘how’. It has to feel good, whatever you do about your passion needs to have a light, easy, flowing feeling. When you are feeling that, then you are more able to attract the right kind of opportunities.

Lastly, the secret to living your passions is this: whenever you are faced with a choice, decision or opportunity, always choose in favour of your passions. That choice may not take you directly to your passion but it does need to be in the right direction. After all, this life is not a rehearsal and whatever personal situation you find yourself in, your choices need to be right for you. So use this time as an opportunity to uncover your passions and go live them!

For more details about coaching or The Passion Test, visit Jessica's website at [www.jessicamcgregorjohnson.com](http://www.jessicamcgregorjohnson.com), e-mail her at [jessica@jessicamcgregorjohnson.com](mailto:jessica@jessicamcgregorjohnson.com) or call her on 020 3239 6155.