



A Passionate Life is Attractive

Hello Everyone,

This past weekend I had the good fortune to spend time with a very talented musician who is so extraordinarily passionate about his work and his talent that the room buzzes even before he starts to play.

Fortunately I spent hours on the dance floor doing what I am passionate about and that, of course, is dancing. I know that dancing, singing and music are the ladder to access greater joy. And, when we are most joyous, we reach our most powerful vibration of attraction.

"Men of reason have endured, men of passion have lived".
Author Unknown

Live Life With Passion

Passion adds spice to our lives. Passion comes from a convergence of desire, commitment and creation. People are passionate when they are fully contributing.

What does it look like when someone is truly passionate about life?

They fully express themselves.

They enjoy being human.

They work towards a vision, a purpose or a meaning.

They are excited about life.

They are internally driven, not externally controlled.

How to find your passion:

Make peace with your life. Take what you have and make it over in a new way. Your way. Let go of regrets. When this task is done, you will gain freedom to explore your passions and desires. You will be available to live out whatever passions are within.

Get in touch with a favorite memory of school. Your past can speak lots of rich memories. What were you doing that was joyful? What did you enjoy creating? Journal about these memories.

Notice what you are doing when you lose all sense of time. Usually this is good. You're involved.

Discover people who are interesting and fun. They probably have been that way a long time. You can tell by the way they talk about their lives. They've had adventures, tried new things and have lots of interests. They speak with passion. You get excited listening to them. Reach out to these people. You'll catch what they have and this is good.

Take these steps to become more passionate about your life:

1. What are three things that really excite you - write them down and then do them.
2. Set goals that excite and compel you.
3. Develop a personal vision and mission statement that turns you on.
4. Develop compassion for those in your community. Volunteer for a good cause.
5. Write down your personal definition of the word "passion," then post it in an obvious place where you can see it everyday.
6. Create a theme for your life this year. For example: The Year of Abundance and Prosperity, The Year of Love and Passion, or the Year of Learning and Adventure. You get the idea.
7. Make a list of what you want, not just what you hope for, but what you really want.
8. Create friendships and alliances with passionate people and learn from them.

Here's to BECOMING in 2009!

Contact Deanna Frazier For Speaking and Coaching!

Deanna Frazier will speak to any size group or meeting. She incorporates humor and shares dating stories and advice in all of her speeches.