

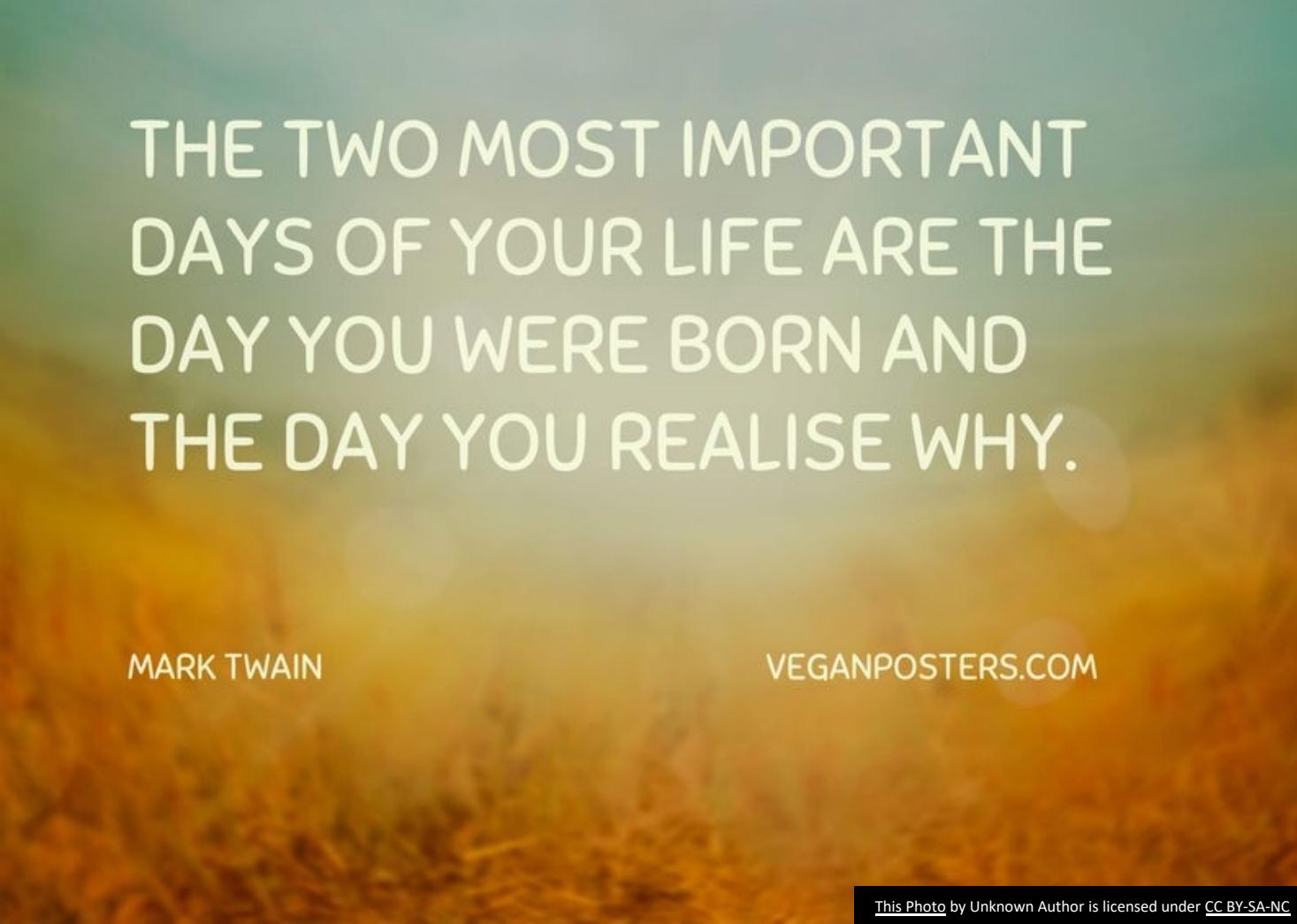


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Finding Your Passion!

Presentation by:

Gloria Thomas Anderson,
Ph.D., LMSW



THE TWO MOST IMPORTANT
DAYS OF YOUR LIFE ARE THE
DAY YOU WERE BORN AND
THE DAY YOU REALISE WHY.

MARK TWAIN

VEGANPOSTERS.COM

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What did you
naturally love to do
as a young child?

Objectives:

1

To examine the duality of passion model and how it can lead to well-being or ill-being in our quest to find passion.

2

To identify some of the potential barriers and some positive building blocks that can impact our passion pursuit in life.

3

To explore an interpersonal/intrapersonal framework to help gain an understanding of relationships with self and others as it pertains to living out our passion in everyday life.



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Objective #1:

- To examine the duality of passion model and how it can lead to well-being or ill-being in our quest to find passion.

What is Passion?

pas·sion | \ 'pa-shən \ plural *passions*

1. the sufferings of Christ between the night of the Last Supper and his death
2. an outbreak of anger; a crime of *passion*
3. a strong liking or desire for or devotion to some activity, object, or interest

Source: <https://www.merriam-webster.com/dictionary/passion>

Passion is also defined as...



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a strong inclination toward a self-defining activity that people like (or even love), find important, and in which they invest time and energy on a regular basis.

(Vallerand, 2012)



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Dr. Anderson's Definition of Passion

- “An intense fervor of enthusiasm that stirs a penetrating surge of positive energy in you.”
- “Passion is simply ‘gusto’... Its power can literally ignite your whole being!”

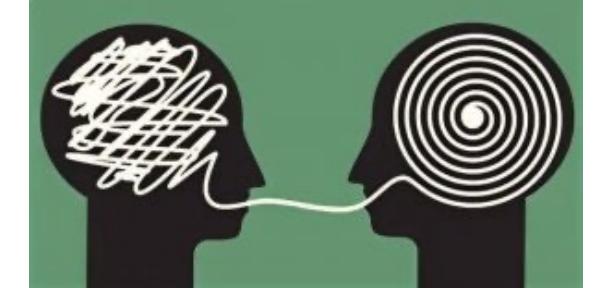
Anderson, 2002, p.14

The Dualistic Model of Passion

- *Obsessive Passion*

A controlled internalization of an activity in one's identity that creates an internal pressure to engage in the activity that the person likes.

Result: thwarts healthy adaption by causing negative affect and rigid persistence



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- *Harmonious Passion*

An autonomous internalization that leads individuals to choose to engage in the activity that they like.

Result: promotes healthy adaptation

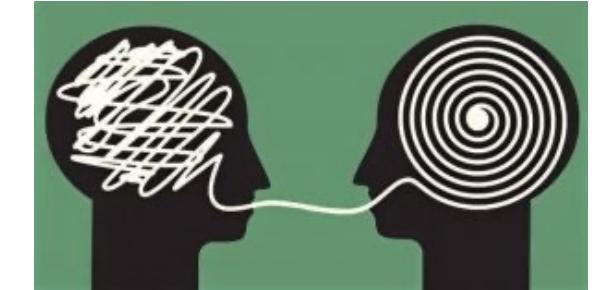
(Vallerand et al, 2003)

The Dualistic Model of Passion

- *Obsessive Passion*

Engagement in activity
less adaptive form of
defensiveness, rigidity,
negative affect

Result: Ill-Being



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- *Harmonious Passion*

Engagement in activity
optimal form with
openness and mindful,
non-defensive manner,
positive affect

Result: Well-Being

(Vallerand et al, 2012)

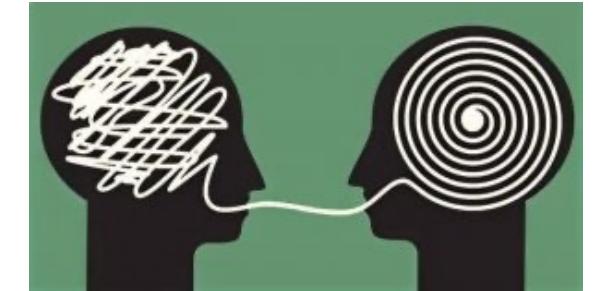
The Dualistic Model of Passion

- *Obsessive Passion*

State of “proving and maintaining” their sense of self-esteem and identify;

Failure may have more devastating psychological impact; defensive manner.

Result: Ill-Being



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- *Harmonious Passion*

State of mindful and secure sense of self; non-defensive;

Can face negative information head on in non-defensive manner.

Result: Well-Being

(Vallerand et al, 2012)

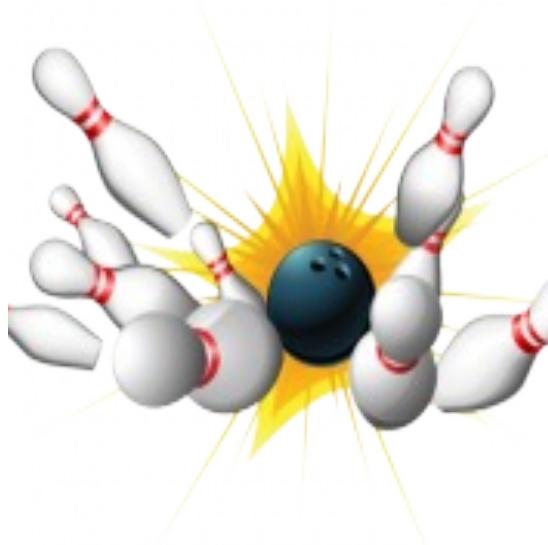
Bowling: Eric and David

- *Obsessive* Passion

Eric uses bowling as a way to gain validation; extremely competitive spending inordinate amount of time bowling to the exclusion of other things, including spending quality time with his family.

- *Harmonious* Passion

David uses bowling as a way to express his love for the activity. Secure and does not allow bowling to control him.



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The Dualistic Model of Passion Scale

I have an area/theme/skill I am really passionate about.

I would like to use a lot of time to become good in that area/theme/skill.

I think I could be an expert in one area/theme/skill.

I have passion enough to become very good in the area/theme/skill I like.

I work hard enough to fulfill my goals.

I have a burning passion for some areas/themes/skills.

I use a lot of time on the projects I like.

My passion is important for me.

(H. Sigmundsson, et al., 2019; Vallerand et al, 2003)

What is Purpose?

The reason for which something exists;
An intentional plan set in advance...



What does it have to do
with finding Passion?

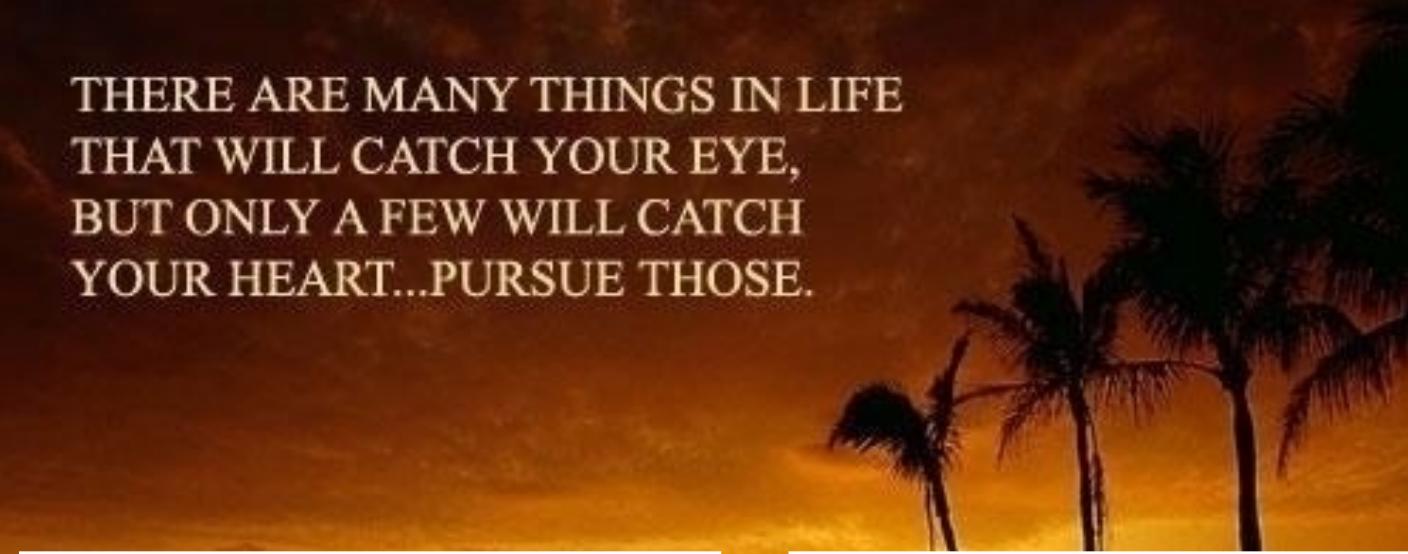


YOUR PURPOSE IN LIFE IS
TO FIND YOUR PURPOSE
AND GIVE YOUR WHOLE
HEART AND SOUL TO IT.

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THERE ARE MANY THINGS IN LIFE
THAT WILL CATCH YOUR EYE,
BUT ONLY A FEW WILL CATCH
YOUR HEART...PURSUE THOSE.

PASSION



THERE ARE MANY THINGS IN LIFE
THAT WILL CATCH YOUR EYE,
BUT ONLY A FEW WILL CATCH
YOUR HEART...PURSUE THOSE.

What real life
concerns do you
have that are
“catching your eye”?

What are the
roles/responsibilities
that you currently
have in your life?

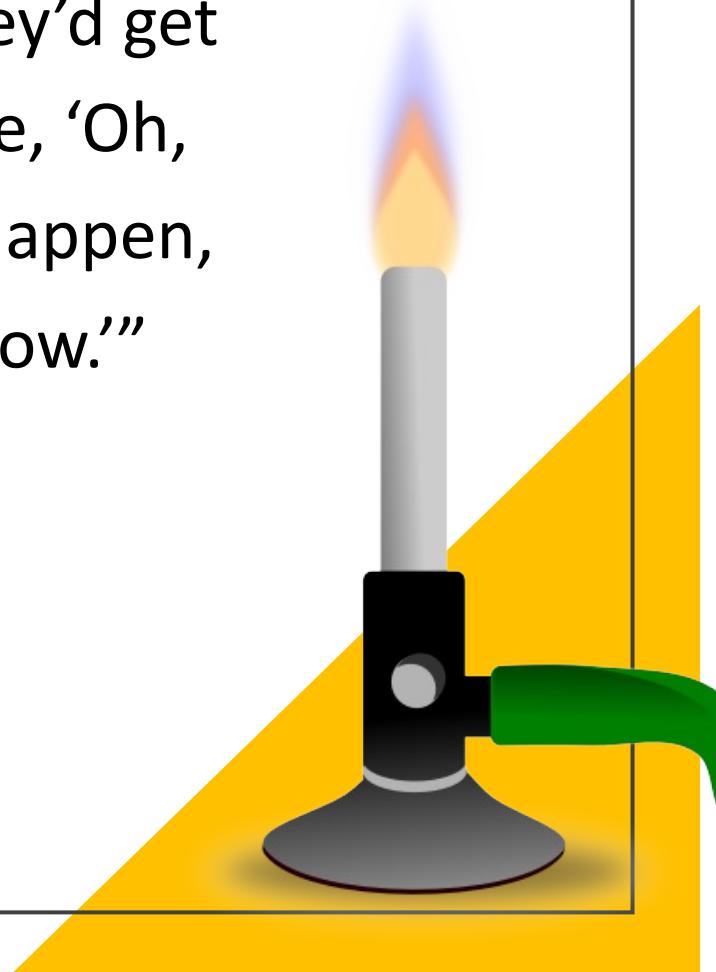
Write
responses in
your journal.

Who do you say you
are? What words do
you use to describe
yourself?

“Some people are recognizing values that maybe they’ve always had on the back burner. It always felt like they’d get around to it at some point, and suddenly, it feels like, ‘Oh, this is right now. People are dying. If I want this to happen, I really need to acknowledge and admit this value now.’”

– Emily Sandoz

Source: <https://www.washingtonpost.com/health/2022/02/19/act-therapy-techniques/>



COVID-19 has spurred some new trending values:

- spirituality
- community
- social justice
- adventure

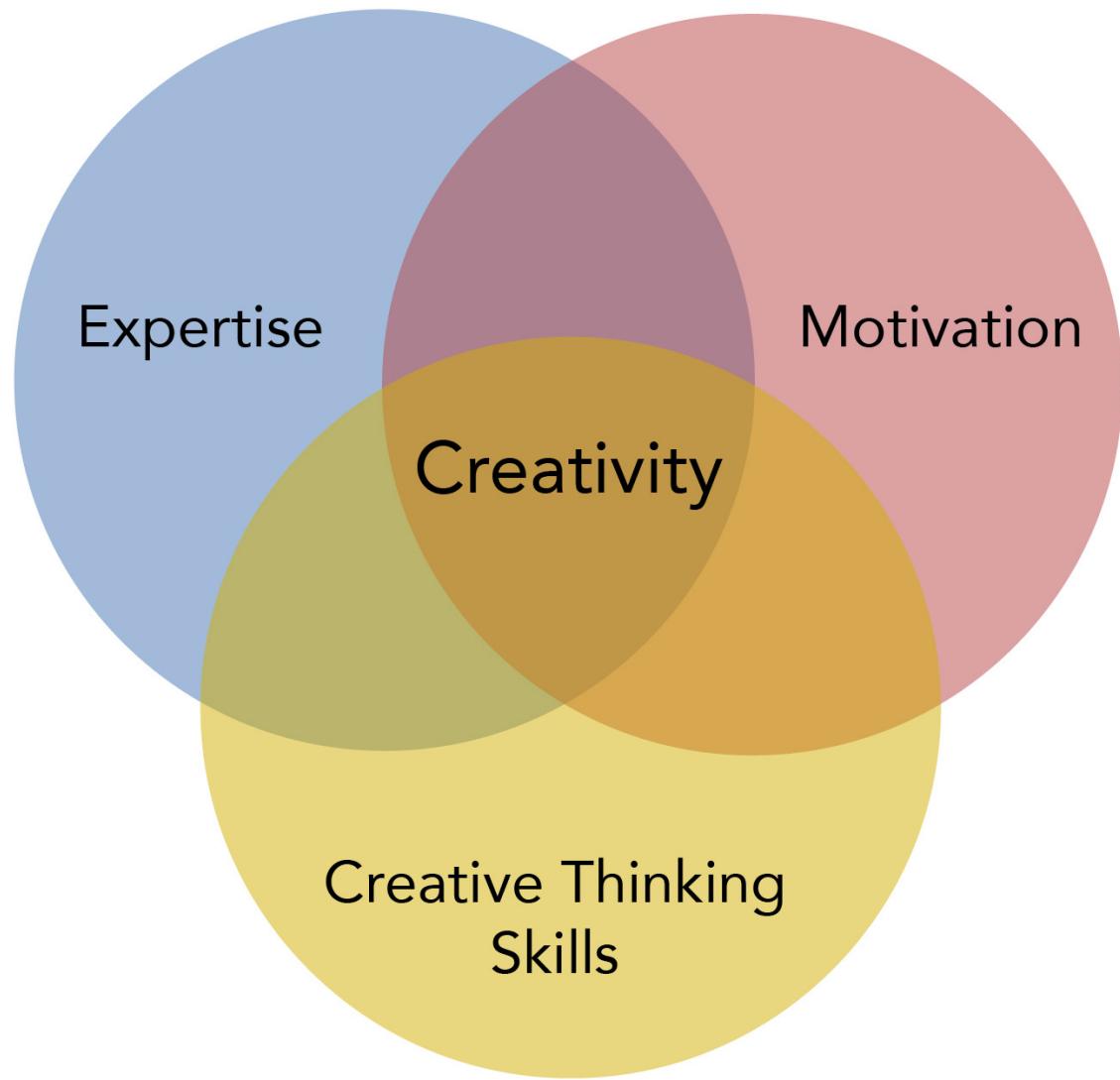


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Did you know...?



60% of U.S. workers with jobs that can be done from home say they'd like to continue to work remotely *all* or *most of* the time when the coronavirus outbreak is over.

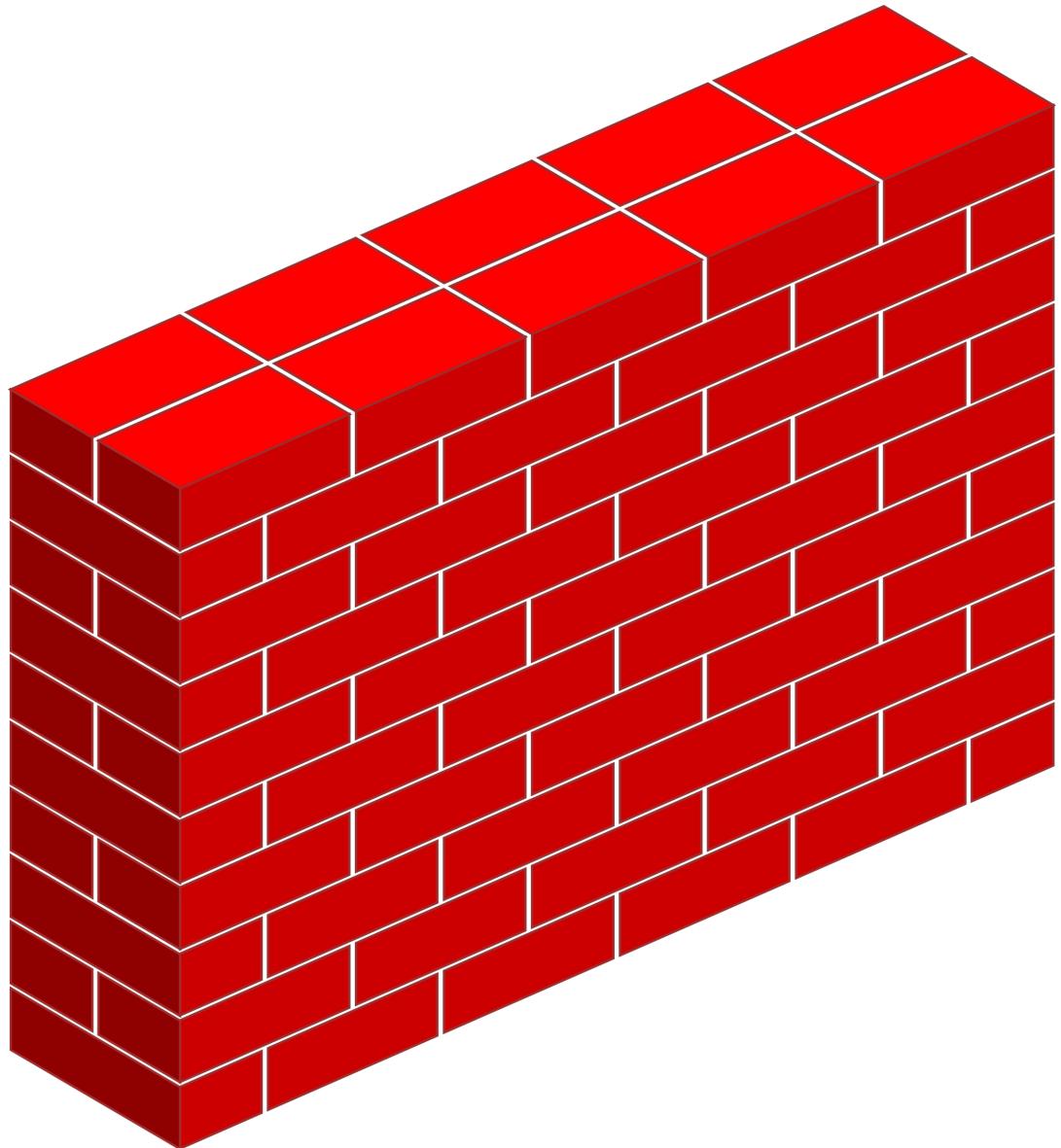


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Is it time to
diversify your
meaning-making
portfolio?

Now, may be
the right time
to find and
follow your
passion!





Objective #2:

- To identify some of the potential barriers and positive building blocks that can impact your passion pursuit in life

*“Every person needs a vision
powerful enough to pull them
through the pain of transformation.”*

– D. Tocchini

What are some barriers that can obstruct the will and desire to pursue your passion in life?

Some barriers that can hinder your passion are:

- Fear of failure or success
- Feelings of unworthiness or questioning qualifications
- Procrastination
- Complacency
- Impatience
- Burnout/Physical & Mental Exhaustion



Three paradigms that can impede you in finding your passion:

1. Personal belief systems
2. Perceived realities
3. Other people's expectations and demands



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When you fail to honor your true passions, your physical self sends out signs of discomfort such as:

- Low energy or chronic fatigue
- Feeling trapped, having a pit in your stomach, or digestive disorders
- Forgetfulness or inability to concentrate
- Disease, headaches, anxiety, depression, insomnia, addiction

Source: <https://chopra.com/articles/how-to-bring-your-passions-and-purpose-to-life>

When you find and follow your passions, you are more likely to experience:

Lightness,
freedom, and
joy

Tingling on
your skin

Abundant
energy

Relaxed
muscles

Glowing
health

Divine timing
and
synchronicity

Magnetic
attraction and
a natural high



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Source: <https://chopra.com/articles/how-to-bring-your-passions-and-purpose-to-life>

What are some positive building blocks that can help you pursue your passion in life?

I am

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Passion starts with
Self-Love and
Acceptance

I am creative.
I am an author.

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Write at least three (3) positive affirmations about yourself in your journal.

RELATIONAL

sense of connection, belonging and involvement with other people and communities, and a well-developed support system

INTELLECTUAL

recognising creative abilities, seeking mental stimulation and finding ways to expand knowledge and skills

EMOTIONAL

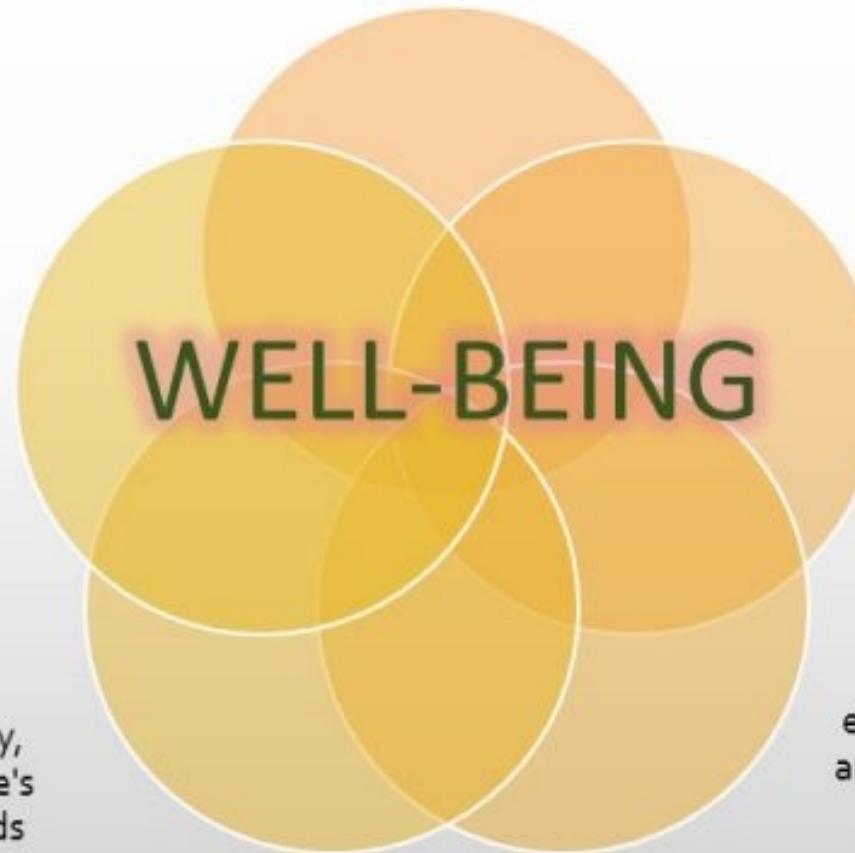
being happy, content and confident, able to cope with life and resilient when facing challenges

PHYSICAL

being physically healthy, active, looking after one's body and physical needs

SPIRITUAL

expanding sense of purpose and meaning in life, sense of peace and contentment through connection with spiritual aspects of life





What makes you happy?

What brings you joy?

What gets you excited?

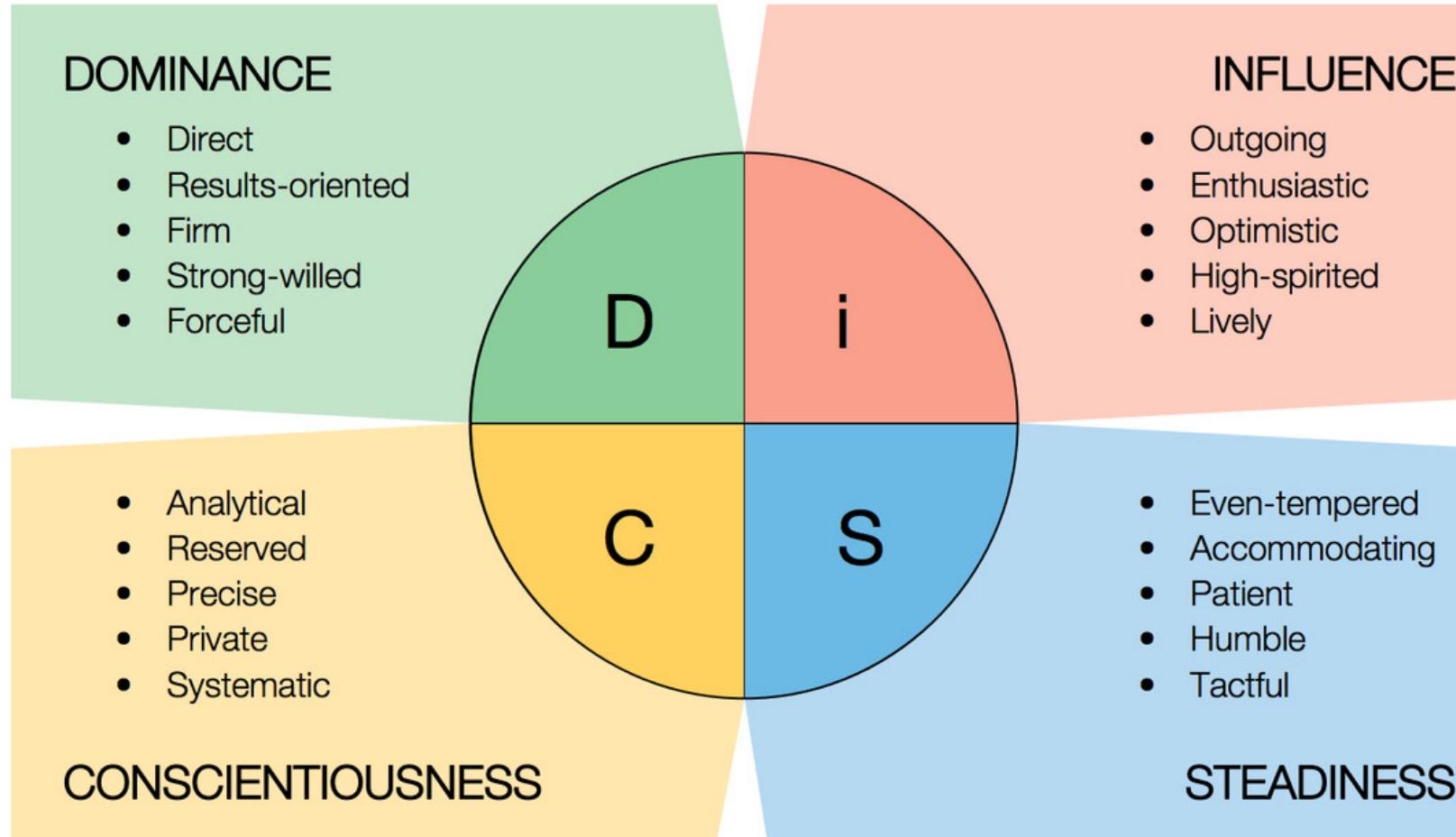
What feeds your soul and spirit?

What's Your Personality Type?



Did You Know Your Passion & Purpose
Often Encompass
Your Personality + Gifts + Talents?

Example: DiSC Personality Assessments

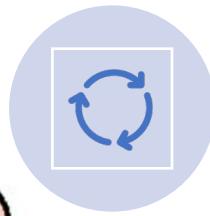


DiSC is an acronym that stands for the four main personality profiles described in the DiSC model.

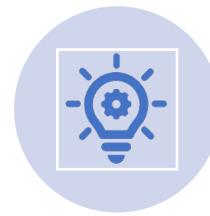
So, how do you find your passion(s)?



What are you most interested in doing?



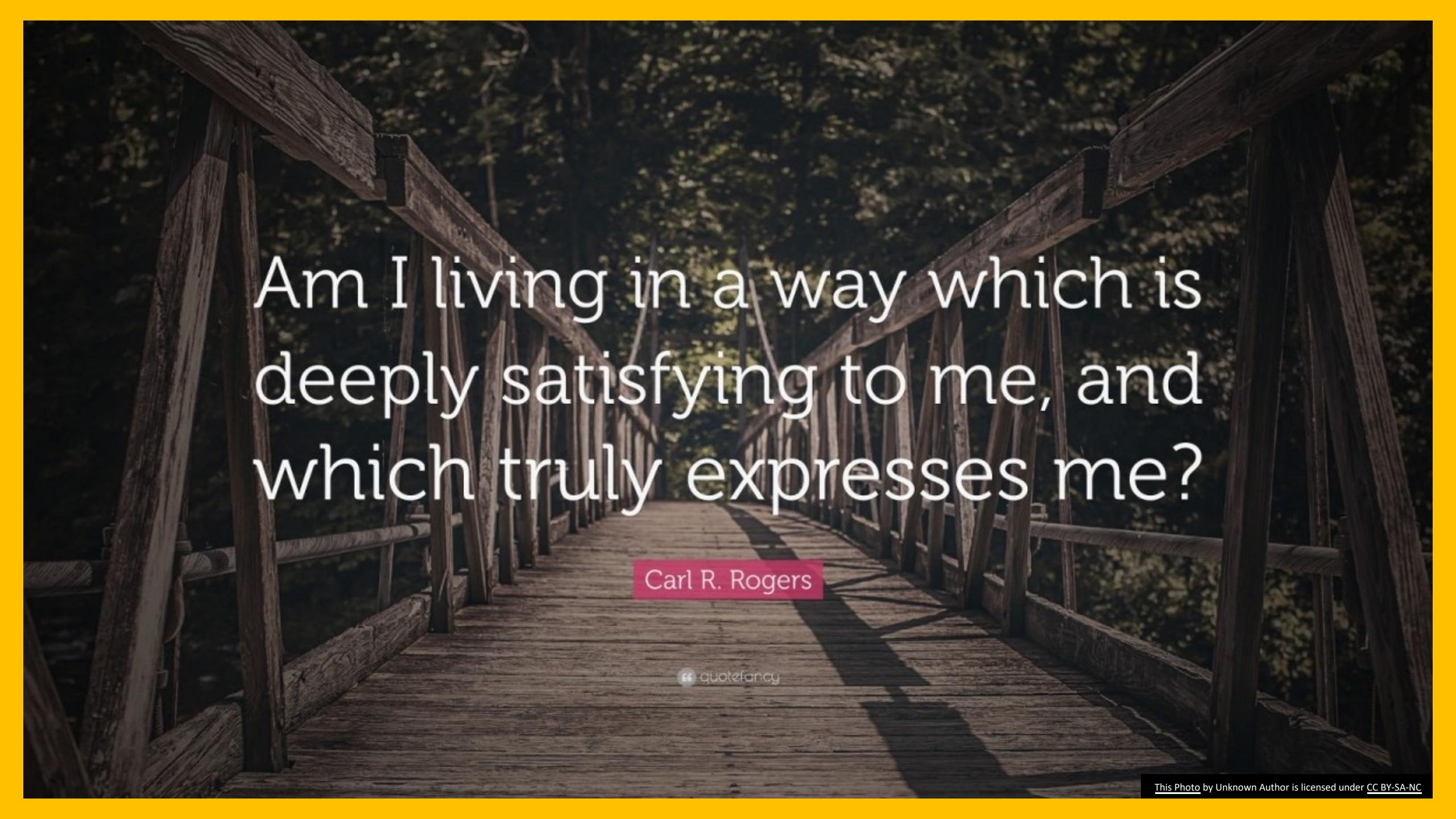
What are some things you want to try, but haven't yet?



What can you invest your time, energy, and attention to that is deeply meaningful to you?

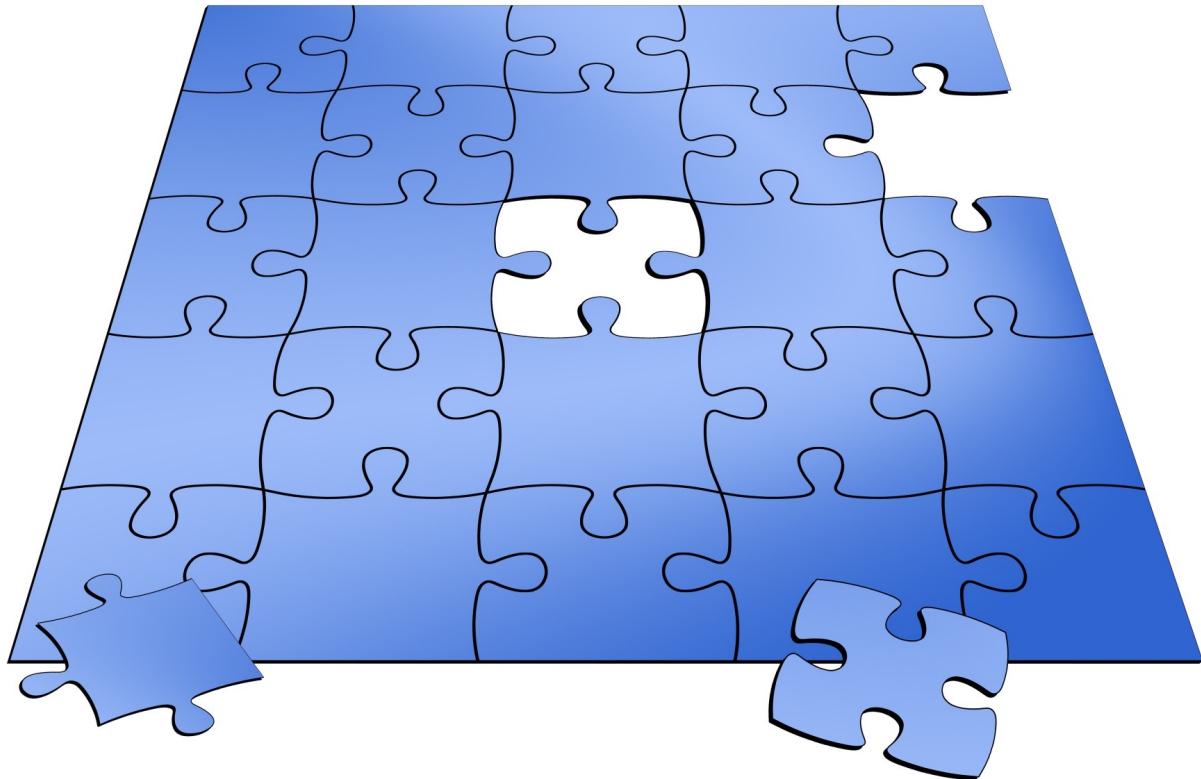


Will it make a positive difference in the lives of others?



Am I living in a way which is
deeply satisfying to me, and
which truly expresses me?

Carl R. Rogers



Objective #3:

- To explore an interpersonal/intrapersonal framework to help gain an understanding of relationships with self and others as it pertains to living out our passion in everyday life.

Interpersonal & Intrapersonal Connectedness to Passion & Purpose



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- **INTERPERSONAL**
(external/outer world)

Your connectedness to others and the world around you (*family, social networks, community, workplace*)

(Froggett et al, 2015; Anderson, 2019)

Interpersonal & Intrapersonal Connectedness to Passion & Purpose



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- **INTRAPERSONAL**
(internal/inner world)

Your connectedness to self and the innermost part of your being (*heart, soul, mind, body & spirit*)

(Froggett et al, 2015; Anderson, 2019)

Intrapersonal Factors to Consider in Living Out Your Passion and Purpose

- Mindfulness and meditation
- Self-reflection
- Self-love and care
- Forgiveness of self (misgivings, regrets, missteps)
- Full acceptance of all of who you are
- Willingness to try different things (and try again)
- Connect with the “knowing in your soul”
- Step back and evaluate

The 5 Signs of Connected Passion



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- **Sound of it** (*imagine hearing positive, resonating responses from others*)
- **Sight of it** (*seeing it as a reality in your mind*)
- **Sense of it** (*feeling and flowing with it*)
- **Satisfaction of it** (*an inner contentment derived by it*)
- **Spirit of it** (*inner calling from the heart and soul*)



"Take
your
passion
and
make
it
happen "

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Remember...
your purpose and
your passion
are often
connected.

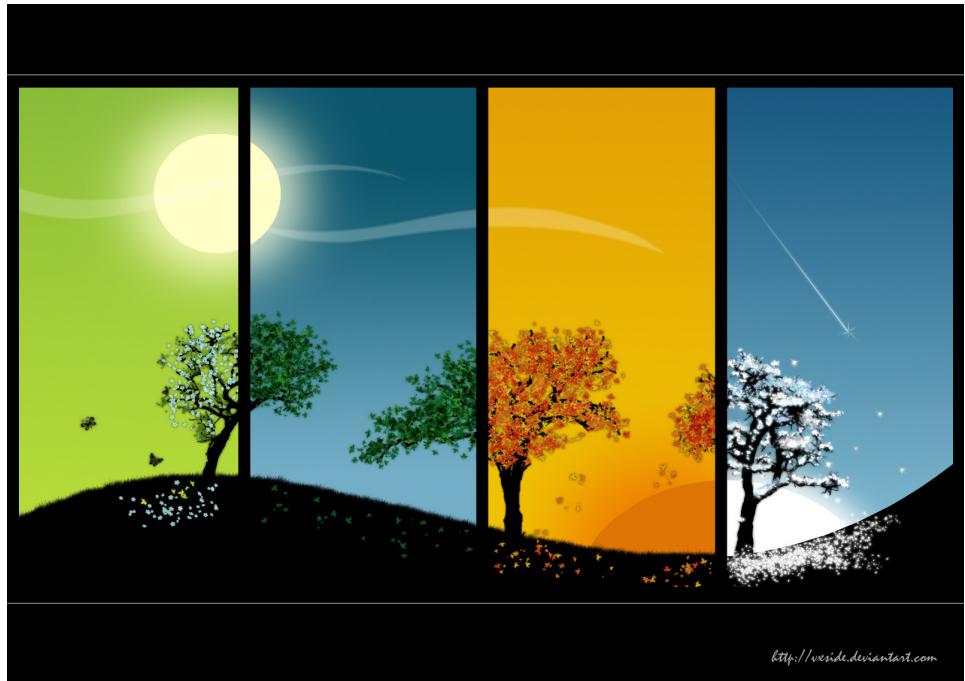
“start embracing the life that is calling you. find your calling. know what sparks the light in you so you—in your own way—can illuminate the world.”

oprah winfrey

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*To everything, there is a season,
and a time to every purpose
under the Heaven.*

Ecclesiastes 3:1 (KJV)



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Thank you for Attending!

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Additional Online Personal Discovery Resources

- <https://www.healthline.com/health/self-discovery#explore-your-passion>
- <https://www.discprofile.com/what-is-disc>
- <https://www.16personalities.com/free-personality-test>

*These resources are for sharing purposes only and are not being promoted or endorsed by the presenter.