

Don't Snap On Loved Ones: Pursue Your Passion



Passions...

Don't we all have them? We sure do. Some of us are living our passion, some are pursuing them, and others have let them hit the ground only to pick them up again wondering "what if?"

Today there are so many books, videos, etc., about pursuing your passion, and these books and videos have good advice, but only one piece of advice is really needed: stop not starting! Or in other words, Stop sitting around daydreaming, or doing what I was a slave to which is non-stop “learning” and telling myself, “I need to gain more knowledge before I make my first move.”

That is nothing but a form of procrastination. Let me explain. Say I wanted to learn about, I dont know lets say, “how to pursue your passions,” and I buy 10 books and bookmark 20 videos and tell myself “after i’m done reading these books, and watching these here videos, then I will start,” At that moment I became a procrastinator. Who is to say I will finish all those books or watch all those videos? Who is to say I will even start?

It's procrastination. I promise you even if you do read the 10 books and watch the 20 videos, you will still seek more knowledge before you start. Why? Because most of us know what the first, and even second to third step should be, but we still won't start, and its most likely due to fear.

Are You fearful?

If so, you probably fear failure. I understand. I am a recovering addict of fear. I let fear paralyze me from doing anything. It was a subtle paralysis. I was always busy - busy doing nothing. My mind made me believe that all the thinking about how I was going to pursue this or that goal, was me having a productive day, but I wasn't. I was being deceived.

Don't Snap On Your Loved Ones!

Have you seen one of those Direct TV commercials that tells you what you shouldn't do in a funny way? Here is my attempt at one:

“When fear enters you, you feel trapped; when you feel trapped, you let your passion die; when you let your passion die, you feel depressed; when you feel depressed, you take an antidepressant; when you take an antidepressant, it doesn’t work; when it doesn’t work, you snap on loved ones - don’t snap on loved ones!”

Did you laugh? I laughed writing that. But seriously. Don't snap on loved ones. They did nothing to you.

Lessons Through Humor

Even though those Direct TV commercials are funny, They teach us something: the end result of those commercials can be prevented if the beginning is handled right. For example, using my Direct TV commercial attempt, snapping on your loved ones can be prevented if you tame fear instead of letting it tame you.

Can Fear Be Tamed?

No, but yes. What do I mean? You can't tame fear by trying to tame fear; what are you going to do, beat it? You tame fear by improving your productivity (A key to improving productivity is starting to be productive). How to start, you ask? If you focus on mapping out how you will get to live your passion, fear will slowly subside. Too many times we just write goals, but don't really get into details about how to achieve those goals. This is why I like the phrase "map out your plans." It gives a better visual than "write your goals down."

Mapping It Out

When I think of a map, I think of someone regularly referring to it to make sure they stay on course, so they can reach their destination. This is how we must view our goals.

Lets say your goal is to make a living teaching people about health. Keep the “map out” phrase in mind. What you want to do is think about all the possible roads you can take to get there. One possible road would be to get a degree or certification in nutrition. Another road could be educating yourself until you have the understanding to educate others.

To get into the details of mapping things out, lets take “Educate Yourself Blvd.”

“Educate Yourself Blvd”

“Do not go where the trail may lead, go instead where there is no path and leave a trail.” - Ralph Waldo Emerson

The goal is to make a living teaching people about health. How would you go about doing that? First, of course, you would want to learn human anatomy. That should be the first street you take. It may take you months or even years to get to the end of this street, but keep going.

After you have an understanding of human anatomy, the next turn may be a right on “illnesses and diseases Ave.” This is where you will learn about different illnesses, diseases, what cause them, and how they affect the body.

You made it through illnesses and diseases Ave? Ok what you should do now is make a left onto “food St.” Here is where you learn about food and how it can heal the body, etc.

Now lets say you have the understanding you wanted, and its time to teach. What does that look like for someone who educated themselves? You don't have a degree or certification that can open doors for you, so what do you do?

The Resources Of Today

There has been individuals who received record deals, movie/TV deals, and even deals to help promote a product. How did they receive those deals? Youtube, Twitter, instagram, and facebook. Oh, Blogs as well. So how would someone who educated themselves reach their goal of making a living teaching people about health? Start a blog. Make a youtube account. Use social media to spread the news.

For The Naysayers

I just want to speak to the naysayers for a moment. Those of you who will say things like “you can’t self-educate yourself on something and make a living out of it. You have to go to college to get a real education.” I have met and know people who have educated themselves on something and is making a living from it, but just incase you haven’t met and/or don’t know anyone like that, let me share with you a few famous people who taught themselves.

Alexander Graham Bell - Was largely self-educated. He invented the telephone and telegraph.

Thomas Alva Edison - Was self-educated, and spearheaded technology like the light bulb and phonograph.

Bill Gates - He is one we all should know. He is a college dropout who is not too fond of college. We all know of his accomplishments.

Walt Disney - Is another familiar name. He dropped out of high school. We know of his accomplishments as well.

Sometimes I wonder - people like Walt Disney, Bill Gates, Thomas Alva Edison, and Alexander Graham Bell, if they wouldn't have dropped out of school, taught themselves, and worked hard, would they have reached the success they did?

What Did We Learn?

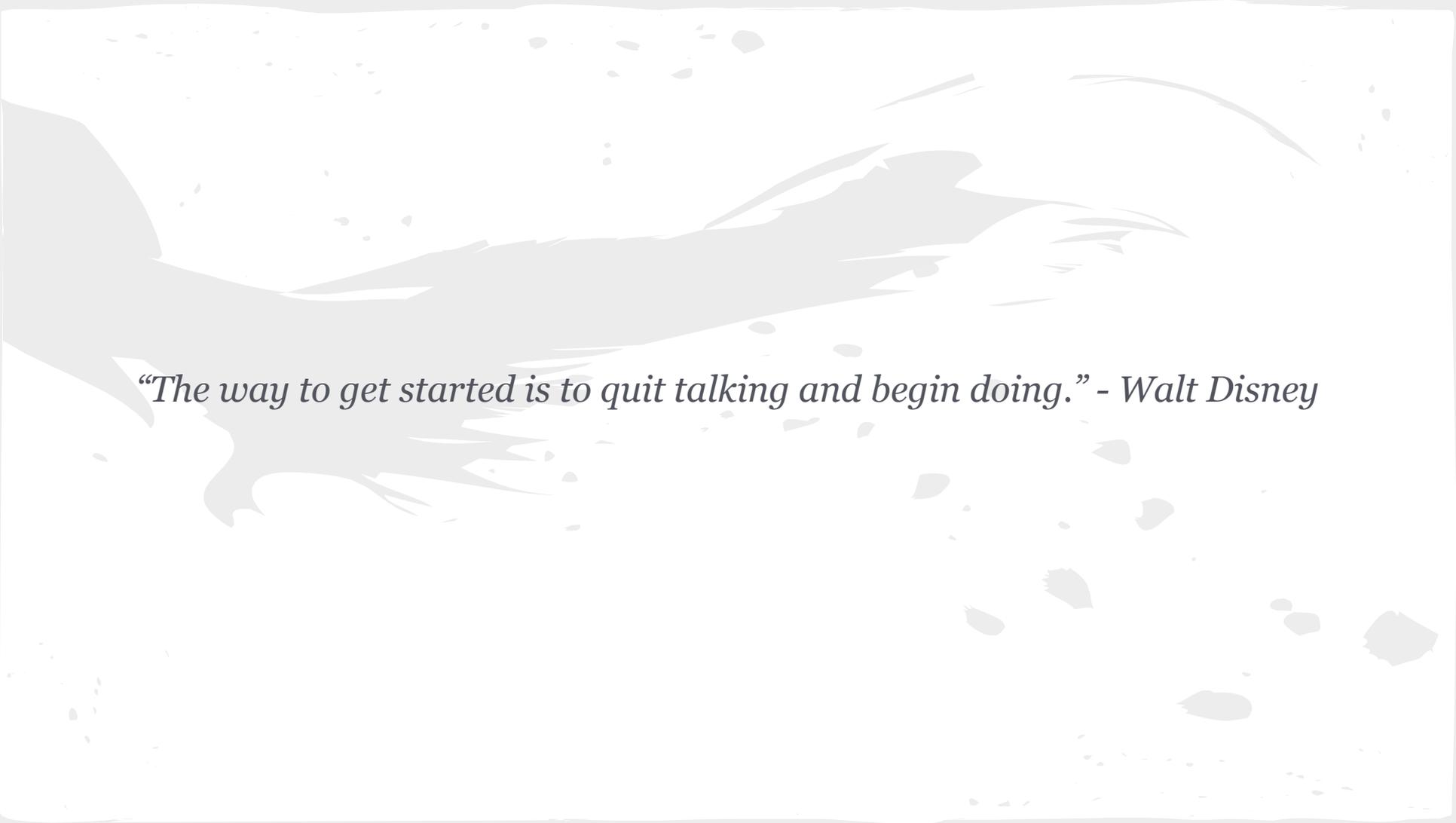
1# Get started - The beginning to productivity and pursuing your passion is to get started.

2# Map it out - Don't just set goals, but view them as a destination. A destination that you are trying to get to. How will you get there?

3# Trailblazer - Following a path that has already been walked is ok. There is nothing wrong with that, but the traditional route is not for everyone, and it is definitely not the only route.

Coming To The End

I hope this small e-book has encouraged you, and taught you something no matter how small the lesson. I hope you will get started on whatever you are passionate about. I hope that if your map leads you to making your own path, you will walk that path with diligence, persistence, humbleness, wisdom, and courage....And whatever your passion may be, I hope you will use it to help others.



“The way to get started is to quit talking and begin doing.” - Walt Disney

A stylized illustration of a hand holding a pen, with a trail of ink splatters and a large, dark, abstract shape resembling a hand or a shadow. The background is white with scattered dark ink splatters and a large, dark, abstract shape on the left side. The text "Till next time..." is written in a serif font in the bottom left corner.

Till next time...

By Raphael Singleton

