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## ignite your passion!

### AMY'S JOURNEY TO LIVING HER PASSIONS EVERY DAY.

*"An inordinate passion for pleasure is the secret of remaining young."* – Oscar Wilde

Amy had a high, profile career in a downtown Toronto firm, a one-year-old son and a husband she adored. She was blessed with a large group of close friends and training for her first half marathon. She had it all – right? Wrong. There was still one important thing missing. Amy felt she wasn't living true to her passion. She was exhausted. Burning her candle at both ends. Amy had forgotten to stop and enjoy the ride.

#### Rock your world

I met Amy at a women's networking group I was leading. One night, the group exercise was a coaching technique used to re-awaken and re-ignite passion. "When you were 5 years old, what rocked your world?" I challenged. "Grab crayons and paper and begin to draw". As these women drew pictures of their childhood passions the energy in the room began to escalate.

Amy was the first to display her drawing. "This is me riding my bicycle. It was pink and had amazing streamers!", she gleefully revealed. "I used to ride all day. I loved riding my bike fast. It felt so good, so free. Now I'm so busy balancing work, family time and all the other demands of life I can't remember the last time I allowed myself to play like that." It was this desire for more joy in her life that led Amy to her homework assignment. Saturday she was to get out her bike, put her son on the back and have a

play day. "But first, I'm going to get streamers for the handlebars," she grinned.

What started as the simple passion of bike riding, became Amy's initial step towards identifying her dormant passions.

Awakening her childhood passion made Amy aware of obvious body signals. Butterflies in her stomach means she's energized and excited. The feeling of heaviness and lethargy means she's unengaged. Now she uses these signals as an information tool to fill her day with activities that inspire her.

#### Living a life of passion

During our year of coaching Amy decided she wanted to live a passion filled life. By implementing the strategy of taking baby steps, Amy discovered a passion that had been bubbling inside her. "Do you know what I really love?" she declared, "I love organizing. I love turning chaos into order. Helping people create systems and processes that free up their time to do the things they really love. Isn't that silly?"

Not silly at all. By applying a variety of coaching techniques, Amy has launched an organizing business. Partnered with a former colleague these are two of the hottest women to hit the organizing world. "Thanks to Lindsay's inspiration I took a risk and made a dramatic change in my life. Now I'm doing what I love and getting paid for it. More importantly I live my passions in every thing that I do. Passionate is who I am." **H&L** If you have a burning life question, please write or email [lifecoach@healthandlifestyle.ca](mailto:lifecoach@healthandlifestyle.ca)