

START LIVING YOUR PASSION - TODAY



What is your passion? What would you spend your time doing if you could? Are you devoting any or enough time to your passionate pursuits?

I believe one of the most important aspects of wellbeing is to spend your time doing the things that feeds your soul and that truly makes you happy. The sad thing is that I see and talk to so many people that have a dream in their heart that they never act upon and that they take to the grave never having fulfilled. This is tragic when we all have the magic in us to shine if we would only let it out.



I heard a brilliant quote today; that our destiny and what we achieve in our life **"happens by choice not by chance!"** What is it that you are choosing not to act upon because you hope that it will just happen by chance? Act now!

Do you want to be a singer or an actor? Do you want to write a book? Do you want to climb a mountain? Do you just want to spend more time with your family? How passionate about this are you? How important is it? What are the consequences of never living your passion? Please stop and ask yourself these questions, because do you know that actually living your passion is not that hard, it is only a decision away?

I have always wanted to write a book but I never got started because I was too busy. Busy with work, busy with friends & family, busy with sport – busy, busy, busy! You may relate to this – is that is what is stopping you? I finally made a decision to do it – not all in one hit, but **'one page at a time'**. I prioritised some time and just kept going and guess what? Eventually it was finished! I now have two published books, an e-book and another book in the process of being published. I love what I do and am living my passion.

Am I saying this to gloat or show off? Absolutely not - if that is what you think then you will miss what I am trying to say. I am saying; **If I can do it, you can do it too.** As soon as you make the decision and get into action the time and the path will open up to you.

Don't leave your passion inside – let it out so it can have a positive impact on others. Make the decision, get into action and just take it **'one page at a time'**. You will be so unbelievably glad you did – you never know where it may lead

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