

Story Block: *Passion*

*Exploring the art and
science of Passion*



in partnership with

HOLSTEE

Story Block: Passion



We often hear people say: “money doesn’t buy happiness.” While there is some truth to that notion, more happiness is found while living a life of passion. However, too often the idea of passion is as elusive as a unicorn.

I loved a unique take on this elusive subject in the book *The Passion Paradox*, as mentioned in the intro.

They write, “Mindlessly living with a passion can be extremely harmful and destructive. Mindfully living with a passion can be the key to a life well lived.”

The authors talk about key components that create the optimal conditions to experience Harmonious passion:

- Driven from within
- Focus on the process instead of becoming obsessed with the short term results. Think of the old proverb, “The master has failed more times than the student even tried”
- Instead of worrying about being the best, become the best by focusing on getting better. This starts by swapping a “win or lose” with a “win or learn” mindset
- Be patient. Appreciate that deep growth takes time
- Be here now. Stay in the present moment, for it is arguably the most precious gift you have been given

“Harmonious passion manifests mainly from activities that are freely chosen without contingencies; when you do something because you enjoy it, not because it offers potential rewards, and not to avoid negative repercussions. It aligns closely with the ancient Greek notion of “eudaimonia,” or a kind of happiness that results not from overwhelming pleasure but from striving to meet one’s full potential by engaging in activities that one considers meaningful ... Those who focus most on success are least likely to achieve it. Those who focus least on success, and focus on the process of engaging in their craft instead, are most likely to achieve it.”

Here’s to pursuing your passion with a little more intention!

Passion



Do you lead with
your head or your heart?

Finding and nurturing
the things that light you up
is difficult but essential.

Do what makes you
feel alive and you may
find yourself in places
you never thought possible.

HOLSTEE

Passion *noun*

pas·sion | 'pa-shən

A strong liking or desire for or devotion to some activity, object, or concept.

Merriam-Webster Dictionary © 2020

In this guide, explore how harnessing your passions can lead to higher well-being.

Enjoy poetry, philosophy, and a range of activities to help pinpoint personal virtues, strengths, and motivations – the building blocks of targeted, fulfilling practices and activities.

Dive into teachings by Christopher Peterson, Martin Seligman, Tim Kasser, and Dr. Tal Ben-Shahar – just to name a few. Learn how to reflect meaningfully on connection and engagement, bring personal values and strengths to the surface, and find gratification in challenge.

Use this guide to identify and grow the areas of your life that are the most compelling and rewarding.



“What and how much had I lost by trying to do only what was expected of me instead of what I myself had wished to do?”

RALPH ELLISON



“The good life consists in deriving happiness by using your signature strengths every day in the main realms of living. The meaningful life adds one more component: using these same strengths to forward knowledge, power or goodness.”

MARTIN SELIGMAN



“When I think about passion, it’s hard not to think about love and dreams.”

MAIA BOAKYE



“There is no passion to be found playing small — in settling for a life that is less than the one you are capable of living.”

NELSON MANDELA



“My mission in life is not merely to survive,
but to thrive; and to do so with some
passion, some humor and some style.”

MAYA ANGELOU



“Do whatever brings you to life ...
Follow your own fascinations,
obsessions, and compulsions.
Trust them. Create whatever
causes a revolution in your heart.”

ELIZABETH GILBERT



Reflect & Discuss

Use these questions for self-reflection or to spark meaningful conversations.

ICEBREAKERS

If you could learn any new skill, what would it be?

01

What is one thing on your bucket list?

02

What do you want to get better at?

03

DEEPER QUESTIONS

When do you feel most alive?

01

What would you do or try to do if you knew you couldn't fail?

02

What social issues fire you up?

03

Are our passions part of our identities? Are our passions who we are?

04



”Don’t ask yourself what the world needs.
Ask yourself what makes you come alive and
then go do that. Because what the world
needs is people who have come alive.

HOWARD THURMAN

