

Ten Tips For "Including My Passion in My Life"



By
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Okay, start by saying, "I'm Including My Passion in my life!"
Repeat it emphatically!

You may even wish to make it a daily affirmation.

Anthony Robbins made a comment about changing a 'should' to an 'absolute must'. **Intend to make time for your passion and the steps to your dream!** Use these ideas or adapt them to your circumstances and particular passion. Make a commitment to yourself to **start with one small change TODAY.**

1. Get up earlier

or stay up later one or two days a week. Plan ahead specifically how you will use that extra time. Or use that time as planning time.



Ding Ding Ding

2. An "I Won't List"

You are probably very familiar with a 'to do list'.

But have you considered an 'I won't list!' list?

What can you delegate?

What can you get away without doing?

What can you neglect without catastrophic results? (Let dust bunnies collect?)

Also question the value of activities.

For example, watching TV may be a low value activity. The time could be better spent doing a small task related to your dream. On the other hand, watching TV as a way of relaxing may be of value if you are also knitting, ironing, folding laundry or doing some other necessary or enjoyable task.

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3. One day a week

Depending on the type of job you have, one day a week use your lunch hour or coffee breaks for a step toward your dream life, your passion.

4. Create your own timetable

When I was in High School our timetable consisted of 8 days. Weekly tasks can be stretched to a longer time interval and still get done regularly. Take a break at any time and come back to the next day of your schedule. I did that when my daughter was a baby and I was a conscientious new mother and housewife.

5. Dance the 'one step'



Handle things once! Especially papers. Do you tend to shuffle through the same stuff and not do anything with it? Put something directly where it belongs. If it gets set down to be picked up and put away later, it becomes the 'two step' and twice as much work. Dance the 'one step'.

6. Are you aware of your peak, most productive times?

Are you an early bird or a night owl? Do whatever it takes to make that time available for a high priority - your dream!

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7. Decontaminate time

In the delightful book **Time Management for Unmanageable People**, authors Dr. Ann McGee-Cooper and Duane Trammell define contamination of time as not getting full benefit from either our work or play times. For example, your mind wanders from the task at hand at work or you feel guilty during a period of relaxation because you are not working.



If you can decontaminate even thirty minutes a day, you can reclaim three-and-one-half hours of quality time that was being wasted. To decontaminate time, first become aware when you are and then ask yourself, "What is the most appropriate thing to be doing right now?" Do you need a short break so that you can concentrate better on a task?

8. Exchange favors

When I was a Nanny for 2 school-aged children, I had weekends and evenings off except when their widowed father was away on a business trip. One weekend, rather than miss out on the regular Saturday hiking group, I arranged to look after the children's 3 cousins on Friday evening which gave their aunt and uncle time to themselves. In return their aunt and uncle looked after 'my' kids on Saturday. Childcare is a 'natural' for exchanges.

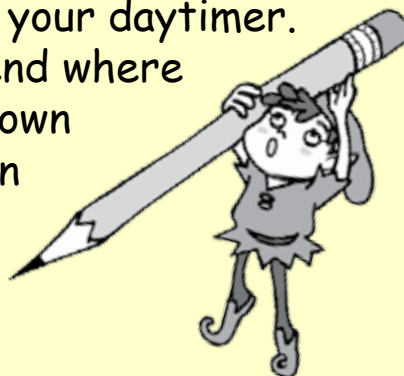
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9. Keep track of interruptions

for one or 2 days. Who is interrupting you? Why? For how long? How necessary was it really? How will you respond to avoid these interruptions in the future? (Oh, and no blaming. Exercise your assertiveness muscles).

10. Schedule times

Write them down on your calendar or in your daytimer. This can also include a full day or weekend where the family agrees to take off on their own adventure and leave you free to focus on your passion, your dream. This works well for writers and artists.



**"Ignoble Mossy Pick-up sticks!" says The Imp,
"Ten tips? We got 11 for ya!"**

11. 'University on Wheels'

The term 'University on Wheels' refers to listening to tapes or CDs while driving or commuting. You can accomplish a lot this way as long as what you are listening to does not interfere with you paying attention while driving. Avoid meditative or trance-inducing tapes if driving. Great if on the bus or train. Just remember to get off at your stop!

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"Oh, more Ignoble Mossy Pick-up sticks!" says The Imp, "Here are some examples of how Bev organized her time to achieve her goals when she attended University."

Bev:

Before each semester started, I cooked and froze a lot of meals so that on the days I'd be late getting home, one of my children could easily pop a casserole in the oven.



One semester, every course I took required a lengthy essay. The way I managed to get them all written was to stay home one day a week and write. One week I stayed home on Monday, the next week on Tuesday, the next on Wednesday, etc. By missing a different day each week, I actually missed very few classes in any one course. Each week I arranged to get missed lecture notes from a classmate. I also saved time not commuting.

Every evening I'd reread my notes from that day's classes and highlight the key points. Then I'd read the key points out loud and tape record them.

I listened to my taped notes while commuting. When it came time for exams, for some courses the only "studying" time that got done was the time spent listening to tapes while driving.

One year I had a bumper crop of cherries at the same time as I was attending summer school. During the evenings I canned a total of 70 jars of cherries while listening to taped notes ad nauseum!

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Unleash Your Passion and Potential



Here's a bonus for you. It's an excerpt from the theme "Igniting My Passions" in "The Imp Journal: Guided Journal Writing for Personal Empowerment, Volume 1."

What gets you excited? What do you love doing? When do you feel most alive? What are your dreams? For all the things about which you feel passionate, collect magazine pictures and captions, photocopy relevant snapshots, include newspaper clippings. When you have all the items you want, arrange them on a large piece of paper or light cardboard in a way that pleases you. Then glue them into place. Where can you display this collage?

In the process of creating your collage, what did you discover about yourself?

If you don't feel energized about something you **think** you want - is it **your** dream or someone else's dream for you? If it is truly your own dream you will feel excited about it. If it is someone else's dream for you, you are likely to be 'dragging your feet' in reluctance. Can you acknowledge it as a 'should' and then let it go?

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Dear Reader,

I'd love to hear how any of these tips help you create time for developing your potential and living your passion.

For more information about resources and programs than can inspire you, please contact me.

Warmly,

Beverley

The Imp Lady

P.S. Feel free to **pass this e-book on** to friends, family members and colleagues or to provide it as a bonus to your opt-in list. I do ask that you make no changes, honor and leave all copyright information in place and do not take credit for the writing.



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