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## Living With Passion And On Purpose

Dr. Jane A. Simington, PhD.

*Your purpose is the reason you are here.  
Your passion is your fire,  
Glowing brilliantly, it shows your excitement for life and  
for what you do.*

A major life change often results in a need to renew our search to find a deeper meaning and purpose for our life, our work, and our personal relationships. During such times we long for more moments when our life is on fire with the personal power that comes from the passion of being fully alive and committed. Like a candle serving its purpose, we long to be more than a decorative object. We long to be lit, and to shine brightly. While moving forward can take great courage, when we take even the first tiny steps towards living the life we are meant to live, we begin, like a burning candle, to radiate a passionate excitement for who we are and for what we do. To our humble honor and amazement, when this happens the flicker from our ever-brightening light fans the glowing embers in others, thus adding to their potential to also become fully lit, brilliantly shining candles.

*Living With Passion And On Purpose* is about applying strategies to enhance ways to be more passionate and excited about life so as to shine even more brightly in your:

- 1) Relationship with yourself
- 2) Career and professional relationships
- 3) Personal relationships

**During our time together you will:**

- 1) Identify what you are really passionate about.

- 2) Discover four ways in which your passion relates to your purpose in life.
- 3) Reflect on ten questions aimed at connecting you with your purpose.
- 4) Apply therapeutic activities to help identify your unique talents and abilities.
- 5) Experience receiving spiritual guidance regarding your purpose.
- 6) Explore ways to live to your potential and with integrity in all your relationships.
- 7) Discuss strategies to use your talents and abilities in successful and abundant ways.