

Bring Your Passion and Vitality to Work for Success with Ease



Do you jump out of bed in the morning excited to go to work? What about your coworkers? Are you energized by their passion and enthusiasm? Chances are, if you are like most people, you don't use "passion and vitality" and "work" in the same sentence.

So, what's missing?

1. The REAL YOU is locked up at home and you've forgotten where you left the key!

The Real You is your authentic self. You'll know that the Real You is present when your inner world (e.g., your values, beliefs, gifts, needs, passions, intuitions and spirituality) and your outer world (e.g., job, relationships, home and community) are in congruence (alignment). Passion and vitality are created when your inner world and outer world are in sync. Do you remember a time when you were doing something you loved and you lost all sense of time? Chances are the Real You was there- totally present and aware. You were passionate about what you were doing. Your purpose was clear. Imagine what it would be like to feel that way at work. The Real You is better able to adapt to and embrace change and to tap into your creative energy.

2. You are unclear on your company's purpose, vision, mission and values.

Unfortunately, many organizations appear to be rudderless. There is no clear purpose, vision, mission or values. Or, worse yet, actions in the company are inconsistent with stated vision, mission and values. You don't feel safe showing up as the Real You because you are not sure your inner world (values, beliefs, etc.) are in alignment with the company's values, beliefs, etc. It's easier to put on a false face. But, it's also costly, for you and the company. Lost is passion, creativity, innovation and fun. Since passion is a powerful source of energy, you'll also be less productive.

5 Steps You Can Take Today to Unmask Your Authentic Self and Bring More Passion and Vitality to Work

1. **Increase your self awareness.** Explore who you really are. You'll want to dig deep and allow yourself the time and space to answer these questions:

- ✓ **What are my core personal values?** (e.g., freedom, integrity, achievement, adventure, orderliness, etc.). Where did they come from? (e.g., teachers, parents, friends, co-workers, TV, etc.). How important are they to me? When am I honoring my values? When am I stepping on my values?

- ✓ **What are my empowering and limiting beliefs?** Are my current beliefs serving me? If not, what beliefs will serve me? What beliefs would I need to have to show up as my authentic self?
- ✓ **What are my strengths and weaknesses?** What am I really good at? What skills do I lack? Is there any way I can begin to acquire the skills that would allow me to fulfill my life's purpose?
- ✓ **How do I explain things to myself?** Do I use an optimistic explanatory style or a pessimistic explanatory style? You can take a free online test created by Dr. Martin Seligman's (the author of Learned Optimism) at: http://www.spiritualityhealth.com/newsh/items/selftest/item_236.html to find out.
- ✓ **What roles do I play?** (e.g., parent, spouse, mentor, friend, etc.). Do my personal values show up in my various roles, or do I compartmentalize my values? Is my life built around my work or is my work built around my life? How happy am I with this balance? If I'm not happy, is there anything I can do that would help me begin to change that balance?

The more that you accept yourself, the more you will accept others. This will lead to better relationships- at home and at work. Keep in mind that self-awareness is an ongoing process. It is not a destination.

2. Develop daily practices for authenticity. Take time for daily reflection. Develop practices that leverage your strengths. Reframe your failures. Practice, practice, practice being the REAL YOU. Notice when you aren't and take action. Ask yourself these questions on a regular basis:

- ✓ How can I bring more of my authentic self to work?
- ✓ What daily practices will I commit to?
- ✓ What type of support and accountability will I need to maintain my daily practices?
- ✓ What lesson do I need to learn from this?

3. Use your life's purpose as a foundation for setting priorities and making choices.

Get clear about why you are on this earth (i.e., your life's purpose). Come up with a short phrase or a few adjectives that answer the question, "Who am I passionate about being?" Make sure your life's purpose is the starting point for your dreams, projects and calendaring. Don't let your "to do list" rule you life- use your passion and purpose as a foundation for taking action. If your purpose (aka passion) is beauty, make sure you allow beauty to show up in all areas of your life.

Ask yourself these questions on a daily basis:

- ✓ How can I live my purpose today as I go about my day?
- ✓ If money was no object and failure was not possible, what would my professional aspiration be?

4. Learn about your organization's values and look for ways to create alignment.

If you are not clear about your organization's values, ask your supervisor, your co-workers. Look around. What do you see? Ask yourself these questions on a regular basis:

- ✓ How much (or little) does my current job reflect my values, goals and aspirations?
- ✓ Is there any way I can cause my current work situation to more fully reflect my values?
- ✓ What steps can I take to effect the changes I'd like to see more of?
- ✓ Do I know of anyone who does the work I think I would like to do? Would I benefit from a conversation with them?
- ✓ How can I add value to my customers AND live my values at work?

Look for ways to bring more of your strengths and talents to work. Look for ways to align your values with those of the organization.

5. Celebrate and Take Responsibility.

Take responsibility for your actions and then celebrate your successes and the successes of others. Let go of blaming and being a victim. It serves no one. Find someone to support you and hold you accountable for bringing your passion and vitality to work.

Passion and Vitality are yours for the taking. Isn't it time you discovered the REAL YOU?

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