

Re-Discover Your Passion and Dreams!

This weekend, I rented and enjoyed the movie *Shall We Dance* with Richard Gere, Susan Sarandon and Jennifer Lopez. For those of you, who have not seen the movie, an overworked and bored lawyer, John Clark, discovers an unexpected passion for ballroom dancing. He impulsively signs up for dance classes. From this, his renewed feelings awaken him and even carries over into his marriage. John keeps his new found passion a secret from his friends and family as he is ashamed of not being happy and satisfied with what could be considered a blessed life.

Many can relate to John Clark who lives a life of routine, hard work and find something is missing. Some look to find a new career path which is more fulfilling and satisfying. Some want to contribute to the world in some way. Others want to embrace upon a hobby or interest. Dreams and passions can be big or small. It means you are living life to its fullest, right now in what ever way that is for you. In this newsletter, I will offer how you can follow John Clark's steps toward enjoying your passion and following your dreams.

Discover Your Passion Exercises

Discover your true work/play/creative desires. John had repeatedly passed by the dance studio on his train ride home. One day he impulsively got out of the train and entered an unfamiliar building, found himself signing up for dance lessons. What keeps calling your name? What do you continue to ignore? Look for signs throughout the week which reveal to you sources of interest and excitement. If you have lost sight of what you really want, here are some places you can go to dream again.

(1) Old photo albums – Many of us had inspiring dreams as we were growing up. Often we abandoned these precious dreams, leaving them sadly behind. Look back at the images of your youth. When did you enjoy yourself most and what were you doing? What does that tell you about your dreams?

(2) The bath, the shower, the park – Or any other place where you have a few minutes to yourself. Taking the time each week to reflect and open up to your dreams can generate amazing changes and opportunities for you. Meditate on what have you wanted to do for years but haven't done because of some obstacle or belief that you perceived.

(3) Your heroes- Who do you admire most? This might be a famous person or a seemingly "ordinary" person. What qualities do they possess? What is it about how they are living their life which inspires you? What do they have that is missing in your life?

(4) Your friends – Find out what your friends want out of life. They will be pleased that you asked and you may hear some dreams that resonate for you. Revealing you are at a place in your life in which you want greater fulfillment and satisfaction will likely lead to this same revelation from them. It is a universal desire.

(5) Pen and paper – Start writing a list of everything that you dream of. When you run out of ideas write down 5 or 10 more. Write another list of all activities you LOVE doing. Write a final list of personal traits you have. What begins to pop out at you?

You have permission to think big, be silly, dream, and desire.

What Fear is Stopping You?

John Clark had his doubts about taking dance lessons. It was unknown territory for him. He was afraid of entering the dance contest in fear of not being good enough. He may have wondered what if he really loves dancing, how will it fit it into his life? Anyone who has pursued a passion or dream, has faced one or more of the following 3 fears along the way.

Fear of success: Will I still not be happy? Will I be able to sustain it or perform at this higher game? How will I fit this into my life? Some do not want to become recognized or honored.

Fear of unknown: This is uncharted territory. What will it require of me if I step into the dream. What will I have to sacrifice? What new people will I meet? Some want guarantees of what to expect of the process and results.

Fear of failure: I do not have the skills that others do. When others see me pursuing my dream will they find I am not capable. This is one reason why people do not tell others about their dream as they go along. Without others involvement, some dreams do fail.

Acknowledge your fear and move into it. Let go of your excuses- no time, no money, too tired. When you become more committed to your dreams than your fears and excuses, you will move you from fear to possibility.

*A dream that you do not fight for, can haunt you for the rest of your life.
What will haunt you for the rest of your life?*

Begin to move your passion/dream forward

Here are some tips to get started approaching your passion and dreams.

(1) Enjoy and absorb just getting started. Smile. Put a skip in your step.

(2) Embrace the journey and adventure. Focus on the learning, growth, experience. Get good at failing. This will keep you in momentum.

(3) Tell others. When we share our dreams, we become more energized by them and our dreams become more real. Momentum gets going.

(4) Make time to bring more of what you love into your daily life.

I will offer you this exercise to make your dreams more visual and real. It is a *treasure map*. First, get a blank piece of paper. Describe your dream as vividly as possible. Use words that inspire you, that bring up joyful feelings, and that really allow you to get a sense of your dream being real. Next, take out a poster board, scissors, glue and several magazines of variety. Look in the magazines for photos, written phrases, and words which correspond to your dream. Feel free to add your own words or photos. Once you have finished your playful search, paste them all on. Now, put it somewhere where you will see it regularly as you pass by. This will keep your dream present and get you moving.

“And when you have the choice to sit it out or dance, I hope you will dance.” (Leanne Womack lyrics on living life) **What will you choose?**

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