

Find Your Passion

What inspires you?
What makes you feel alive?

Take an exploratory journey to uncover
where your deepest delights lie

If I HAD TO CHOOSE one topic that prompts the most e-mails, raised hands, and letters in my work as a life coach, it's "How do I find my passion?" Maybe you've wondered this, too. It's a feeling we know well from childhood, when we wanted nothing more than to practice pirouettes, make sand castles, or paint all afternoon. Back then, passion was all-consuming. It ignited our imaginations and fueled our sensory, heart-centered desires. Lost in the moment, we thought of nothing else.

As adults, we often lose sight of activities that bring us delight in the blur of day-to-day responsibilities. Preoccupied with our jam-packed schedules and never-ending to-do lists, we rarely experience the rich, soulful emotion of passion—those moments when we feel awestruck, inspired, brought to tears, utterly moved. Instead, we go through the motions of life. Our hearts don't sing.

by Cheryl Richardson

photographs by Troy House



VOICE OF JOY

Jill Connolly identified her interests early on in life. She loved business almost as much as she loved to sing. But it wasn't until she managed to combine these contrasting pursuits that she found her passion. She now runs her own business as a voice-over talent while creatively expressing herself through singing—an interest that recently culminated in her new CD release, "Venus in Transit." In bringing her gifts together, she found a way to live her true life. "My passion isn't about 'performing' in the sense of pleasing an audience or even a client," she says. "It's about sharing and communicating the wealth of my joy."

In the throes of singing, Jill feels timeless and open. It's a state of bliss she encourages others to experience. "If you haven't quite discovered your passion yet, tune in to the things that make you feel whole. Then listen to your body, and just choose one," she suggests. For those who already know where their passions lie, she offers this advice: "Believe it and do it."

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—JILL CONNOLLY