



Step into Your Greatness!

Living Out Loud: Making Room for Passion in Your Life

“We live in a moment of history where change is so speeded up that we begin to see the present only when it is already disappearing.”

—R. D. Laing, *The Politics of Experience*

Have you ever felt like this? We live in a world where things are moving faster and faster and the demands placed on the average person are growing. Full time job, family, household responsibilities, lifelong learning, personal development, exercise, and spirituality are but a few of the things we try to fit into our day. How do we do it? And how do we do it, keep our sanity and live life passionately? How do we Live Out Loud, experiencing the joy and wonder each day offers?

Changes in the work environment such as massive layoffs, bankruptcies, and mergers have changed the way we work. Add to this uncertainty of the work environment is the now added uncertainty of the leaders of the corporate world. The crumbling of the top echelon of big business, the CEO and CFO, crumbles yet another tradition in society. This mistrust used to be reserved for our politicians and now is extended to our everyday work life. As the environment we live and work in adapts and changes so must we. We must be able to adapt to the changes quickly. Identifying and living your passion makes this much easier.

Changes in the world make it even more important for us to focus on our passion and what really matters

What does the future hold for us personally and professionally? The way we work has changed and will continue to change. The biggest factor affecting our future will be the aging population. The majority of our current workforce will be reaching what was once considered retirement age over the next ten years. Will they retire? Or will they simply change careers, opting instead for a less stressful, more relaxed and enjoyable profession?

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Few people are retiring in the traditional way, that is, retiring to a life of leisure. The majority of retirees expect to work in their retirement. It is suggested by Mr. Ken Dychwald in his book *Age Power* that those left in the workforce will work very differently. We are approaching a time in history as the boomers age that will be unlike any other. The boomers have changed. According to Ken Dychwald in his book *Age Power*, the way we look at life will change over the next ten years as the boomers retire. Previously we lived a linear life cycle, we were born, attended school, got married, raised a family, retired, and died. We will move to a cyclical life style—periods of work followed by periods of recreation (think re-creation), perhaps re-education and then a repeat, work, recreation, re-education, followed by new work. We are already seeing the beginning of this. It is not uncommon to know people or to ourselves have had four or five careers. We haven't as of yet seen a lot of the re-creation cycle in between careers. In this new life cycle retirement may be at age 20 or age 90. Mandatory retirement at age 65 will most likely be a thing of the past. Adapting to the new cyclical lifestyle will be much easier and more joyful if we are living out loud by following our passion.

I believe this is a very exciting time to be living in. We have opportunity to evolve, to step up a level, right here right now. And I believe it's relatively simple. Let's look at the four steps to allow you to Live Out Loud and Make Room for Passion in your life.

These steps are:

1. *Find Your Place of Passion in Life – Step into Your Greatness*
2. *Eliminate Energy Drains – Stress and Tolerations*
3. *Getting Completely Comfortable in Your Skin*
4. *Building Reserves of Time, Energy, Money and Love*

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