THE PASSION MYTHS:
6 lies KEEPING YOU FROM UNCOVERING your life passion

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“Don’t ask yourself what the world needs. Ask yourself what makes you come alive and then go do that. Because what the world needs is people who have come alive.” — Howard Thurman
Imagine waking up and feeling like did when you were a kid, knowing you had a day filled with fun and carefree play.

Imagine feeling joyful anticipation about what the day would bring, what creative projects might unfold, what new discoveries were close at hand.

Imagine feeling so engaged that time disappears, your worries float away, you are totally in the moment and loving it.

Imagine feeling this way every single day.

Where are you now in your life?
What is your life like today?
Do you feel that sense of excitement, anticipation and joy?
Do you find yourself regularly “in the flow” while doing something you love?
Does your life feel purposeful and balanced?

If not, you are selling yourself short. You are releasing your potential for living your best possible life. And your best life isn’t what you have right now.

Perhaps you’ve gotten overwhelmed and distracted with the demands and responsibilities of your life. Perhaps you’ve bought into the notion that a passion-filled life isn’t really possible.

but... it is possible.

Ask the hundreds of clients and readers who have followed my Path to Passion formula and have created exciting new lives.

Or even the thousands of other people living their passions who followed this formula without even knowing it!

They had to learn it through trial and error, but eventually they found the way to their passion.

These passionate people were once where you are right now. They were once at the point of either turning away or moving forward toward a new life. And it all begins with the information I’m going to share with you, right now, in this report.

If any of this intrigues you, I invite you to read on and take the very first step toward creating a new life for yourself.

You see, before you can begin learning the Path to Passion formula and taking the actions toward a passionate life, you must make a simple choice and shift to a particular frame of mind.

The Choice: Choose to take the time to uncover what makes you come alive, what puts you in the “flow,” and fosters sustained joy—your life passion.
The Frame of Mind: You must refuse to buy into the myths and untruths you might believe about why you can’t find and live your life passion. Remain positive and action-oriented.

Sadly, many people are stuck in these myths, allowing fear and self-doubt to undermine any hope of living the life they dream of living. They buy into the lies, not realizing what a smokescreen they are to all of the amazing possibilities that await them.

But here’s a secret . . . Once you become aware of these myths and see them for what they are, you will be changed forever.

- You will no longer be able to idly sit by while watching others live passionate, fulfilled lives.
- You will no longer feel comfortable with excuses for not seeking out your life passion.
- You won’t be able to stop yourself from going for it—full throttle—until you find what makes you come alive and then live it as the centerpiece of your daily life.

Thousands of people around the world have stepped past these lies, pushed aside the myths and taken the steps on their own path to passion.

Many of them weren’t even aware they were using the passion formula when they found their passions. They stumbled upon it, but now they are now living happier, richer and fuller lives—the very lives they dreamed of so long ago.

One passionate person, who has probably touched your life in some way, totally transformed herself when she discovered her life passion. This woman started her life in poverty, was abused as a child and struggled as a teenager. But eventually she found her true calling—helping millions of people around the world live better lives. She is now called “the most powerful woman in the world” because of all of the lives she’s impacted.
Yes, Oprah Winfrey lives a life everyone dreams of because she discovered her life passion and lives it every day.

So . . . if YOU are ready to begin the journey to uncover your life passion and live it every day, it’s time to make the choice and create the right frame of mind.

If you are reading this report, you’ve taken that first step and made the choice to give yourself some time to explore.

But now, let’s address those lies, the myths that are preventing you from seeking your passion and taking the actions to make it a reality.

Once you bust these 6 myths, nothing can hold you back!
Hi, I’m Barrie Davenport, and for thousands of people, living a life of passion is more than just the stuff of imagination—it is their daily reality. By carving out a bit of time in their lives to follow a proven formula for self-discovery, they have not only uncovered what makes them come alive, but they are living it on a daily basis. And their lives are fuller and happier because they did this all-important work.

I know this can happen for you because it happened for me.

Over the course of several years, I knew something was missing in my life. I knew that in spite of all of the blessings in my life—a loving family, beautiful children, a successful career—there was a hole inside of me. Something vital was missing.

At the time, I couldn’t really pinpoint exactly I was seeking. But my restlessness was sending me a strong message from deep inside.

I’d spent over 20 years helping others reach their dreams and live their passions. I’d seen how passion can energize

“Nurturing, caring and encouraging are qualities not every coach possess, but Barrie has them in abundance.” — Steve Aitchison
I loved helping others on their journey to living a life of passion, but it made me realize that I was missing that same passion in my life. It felt like I was standing on the sidelines, watching but not participating in something amazing.

Finally, I took the time and space to figure it out. And I forced myself to stop believing the lies and limitations I’d clung to for so many years. I knew this was the only way I could move forward.

My struggle and path to discovery was long and circuitous. I didn’t have a roadmap. I often found myself wondering if there was something wrong with me, if I simply didn’t have the capacity to be fulfilled and live passionately.

After this lengthy process of self-discovery, including much research, reading, workshops, assessments and coaching, I discovered that my passion was working closely with people as a personal coach, helping them define and create the best possible life for themselves. I also discovered a love for writing and blogging.

Through my own work at finding my passion, coupled with decades of experience in PR supporting my clients’ passions, I’ve unknowingly uncovered the exact formula that leads you on the path of self-discovery.
And through my work as a coach, I’ve learned to present my knowledge in a way that streamlines it for others who are seeking their own life passions.

I also unknowingly discovered the gremlins—the lies, myths and limitations that conspire to hold you back from your dream.

Acknowledging and addressing these myths is the first foundational step toward finding your life passion.

It took me years to figure out what these myths are and how they conspire to keep you tethered to the status quo.

I don’t want it to take years for you—I want to help you unlock the bondage of these limitations and begin your passion journey right now!

But once you face the truth, please know there is no going back.

There is an amazing new life is just waiting for you to claim it! Are you ready for it to begin?

Let’s explore each of the 6 myths fully and begin to unravel the lies that are holding you back from living a passionate life.

“Barrie's coaching process helped me focus on goals in a way that traditional self-help and motivational techniques simply failed.” Elizabeth Grannen

“Barrie is a gifted coach. In our work together, she has demonstrated an uncanny way of quickly locating the blocks and barriers that I could not see myself.” Laura Strickler

“Working with Barrie has enhanced my day to day life is so many ways. She is a rare ray of sunshine that you come across in life and has a gift for helping others!” Kara Willis
WARNING: If you are serious about finding and living your passion, please read on and explore these myths fully. See where they resonate with you or even touch a chord of discomfort when you recognize yourself in some of them. But once you face the truth, please know there is no going back. When the light of reality shines on something, it becomes impossible to hide behind the falsehoods any longer. Moving forward is your only option.
Once we reach adulthood, the magic of childhood dreams gets washed away by the realities and demands of living in the real world.

We go to school, trying to make decisions about the rest of our lives, when we really know very little about ourselves or our place in the world.

Often our decisions as young adults are impacted by factors that have little to do with our inner passions:

- Expectations or influences from our parents or peers;
- The misguided idea that making lots of money brings fulfillment;
- Poor financial choices or lack of financial planning;
- The responsibilities of a growing family;
- Lack of knowledge about options and opportunities.

Based on these factors, we become immersed in lifestyles that at best can feel boring and unfulfilling, and at worst, seem downright depressing. We feel trapped.

The day in, day out routines of living this kind of life squelch the memory of childhood dreams and any belief that a life of passion is possible.

We feel passionless and come to view the idea of having a life passion as indulgent and unrealistic.

When you are entrenched in your current life—with bills to
pay, responsibilities and little time or freedom to start over—it seems quite clear. You don’t have a life passion, and you never will. So why even try?

The Truth

Each one of us is born with a unique personality and with our own particular type of intelligence. (Yes, we are all creative and intelligent in our own way!)

Through our personality and intelligence, we are motivated, inspired and fulfilled by different things.

The exposure and development of these things is what brings inner passion to living reality.

Think back to your childhood when you felt pure joy and excitement. Think back to times when you were so contentedly immersed in what you were doing that you lost track of time. You were “in the flow.”

This might have been through sports, play, art, music, books, building, writing, make-believe, dancing—whatever you loved to do as a child.

These are clues to the passion (or passions) that lie within you.

Perhaps now those feelings and memories are obscured by your current reality. You have flat lined and lost touch with those pure “flow” experiences.

But that doesn’t mean they aren’t still within you. They just may be dormant.

Or maybe you were never able to explore or develop them fully—so you’ve dismissed them as lost opportunities.

Or perhaps you feel they aren’t legitimate or useful in the adult world. But those are myths.
The truth is that the passions you were born with are still inside of you. Your passions are still your passions, whether you dismiss them, forget them, or write them off as useless for you now.

That longing and restlessness you feel—that's your passion calling you. You may not recognize it any more, but it's there, waiting for you to respond.

The Proof

My personal story is a classic example of buying into the myth that I had no life passion.

Actually, I have many, many passions. I just got lost along the way.

When I was a child, I loved to write stories, read books and create plays and dances with my friends. I was fascinated by people and behavior. I was tender-hearted and sensitive to the feelings and moods of others around me.

Unfortunately, my childhood (like many others) was filled with turmoil and family drama. Because of my sensitivity, I absorbed that turmoil intensely and had to protect myself from the strong emotions my family situation created.

My fears and anxieties inhibited me from exploring many of my interests and passions as a youth.

I had to stay under the radar screen and be easy and compliant, so I wouldn't add to the chaos around me and lose the acceptance of those I loved.

My one burning passion when I was in my 20's was to create the "normal" family I never had. In my focus to do that, I never fully explored the other areas of my interests I had buried when I was younger.

I continued to follow the "expected" lifestyle that I saw as normal and safe.

I am proud that I created a great home and raised wonderful children. But as my children got older and didn't need me as much, a feeling of being passionless grew stronger and stronger.

It overwhelmed me with despair.
I didn’t love my public relations work, and I didn’t believe I had any other marketable skills or talents. I felt I’d never do anything that was deeply meaningful.

Fortunately, I didn’t give up on myself. I knew my restlessness and longing were leading me somewhere.

Through my self-work, I uncovered the same interests and passions I had as a child—an interest and sensitivity for other people; a love of learning, reading and writing; creative and imaginative abilities.

I have found a place for these through my work as a coach, a writer and a blogger. Along the way, I’ve uncovered other passions for drawing, traveling, teaching and exploring.

I live an amazing life of passion every single day.
When we think about a life passion, most of us think in terms of our professional calling—a job that supports what you love to do.

Granted, most of our waking hours are spent at our jobs. If you hate your job, or if it isn’t fulfilling, then most of your day (and your life) is spent doing something that doesn’t excite you. That’s a lot of time to spend in mediocrity—or unhappiness.

So you dream of chucking it all, turning in your notice and starting over.

You dream of freedom and flexibility, where no one is breathing down your throat to perform or to do things their way. You dream of feeling happy, enthusiastic and fulfilled in your work.

But then reality kicks in.

You have a mortgage to pay. Your spouse and kids depend on you. For one reason or another, it isn’t feasible to quit your job, to go back to school, to start over with a new career, or to build your own business from the ground up.

You might as well forget about a life passion, right? What on Earth were you thinking? You are destined to your humdrum life, because there is no possible way you can quit your job right now.

The Truth

Abruptly changing your job is certainly one way of radically transforming your life and living your passion. And there are people who are in the financial or lifestyle position to do this.

But most of us aren’t.
Most of us have created lives and financial responsibilities that don’t allow us to walk away at any given point—at least not without some negative consequences.

However, that fact doesn’t mean you are destined to live without your life passion.

It is quite possible to remain in your current job and still infuse your life with more of what makes you come alive and feel joyful and fulfilled.

There are many ways you can shift your life and your work to open space and time for your life passion or passions—through hobbies, avocations and lifestyle choices.

When you take the time to examine your existing life, you will see places of wasted time, dead weight, unnecessary tasks, draining people and ill-considered choices.

You will see ways of simplifying and rearranging to make room for more of what makes you happy.

And there may even be opportunities in your current job to insert more of what you love and less of what you hate.

Perhaps there are questions you haven’t asked, ideas you haven’t formulated or opportunities you haven’t pursued.

But you won’t know until you take the time to investigate, to think creatively and to prioritize what is most valuable and important to you right now.

But of course you need to know what your passion is first.

Once you know, there is always a way to make space and time for it if you are willing to do the work and think creatively.
The Proof

Back in 2005, mega-blogger Leo Babauta (of the wildly successful blog Zen Habits) was overweight, eating poorly and a regular smoker. He worked in a decent, but far-from-passionate, job as a freelance writer and journalist.

He had a wife and six kids to support. And he was in debt, living paycheck to paycheck.

After several previous failed attempts to stop smoking, in November 2005 Leo tried again and was finally successful. He analyzed why he was able to change this bad habit and began to apply what he learned to other habits in his life.

He started running and changed his diet (and lost a lot of weight); and he took control of his spending so he could begin to get out of debt. He began to drastically simplify his life.

Since he was a writer, he chronicled his habit and simplicity work on a blog. He told people about his struggles and successes. He became passionate about habit change and simplifying. Leo made time to work on new habits and write about his experiences by forming another habit—waking early (so he could run and write before he left for his job).

More and more people started following his blog because he was helping them.

As a result, he got more writing gigs. He also wrote a few books on habits and simplifying and started selling them on his blog. He began to make more money and paid off all of his debt.

Eventually Leo was able to quit his full-time job and supports himself through his writing, blog, and courses—although that wasn’t his goal when he started his habit work or blog writing.
He was just passionate about creating new habits, writing about the process, and helping others.

Even with six kids, a full-time job and part-time work as a freelancer, Leo was able to pursue his passions of running, writing, blogging, eating well, simplifying, and creating other habits.

In his case, his passions led to new successful career without his ever planning it.

That’s the funny thing about life passion. When you pursue it, then passion often leads you to success and positive change in unexpected ways.

Enthusiasm and passion create a powerful force that opens doors you never knew were there.
There are hundreds of blogs and websites focused on helping you live your passion by creating an online business based around that passion. And there are many people doing this successfully (myself included).

In fact, many of these sites make it appear that the only way to live your passion is to create a blog, write an eBook, sell courses and become some kind of online expert.

That may be the perfect fit for some people, but it may not be a fit at all for you.

If you . . .

- Can’t stand being by yourself for long stretches of time;
- Need lots of physical movement during the day;
- Aren’t self-disciplined;
- Hate computer technology;
- Loathe marketing yourself or your products . . .

Then becoming an online entrepreneur is NOT for you—whether or not it is centered on your life passion.

In fact, many people don’t want to be an entrepreneur at all. They prefer working for someone else who is responsible for keeping the business running.

They prefer more structure and well-defined work roles where they don’t have to worry about when or where their next paycheck is coming from.
Sometimes it appears that the only way to live your passion is to strike out on your own by starting a business on or offline and being your own boss.

But what if that’s just not for you? Can you still find and live your life passion without having to start your own website or build a new business?

The Truth

Only in recent years has running an online business become a viable option as a full-time career.

In fact, it is still an evolving business model—one that is not an option for most working people.

On the other hand, entrepreneurship has been around forever and has seen a new popularity as the economy has tanked and people are forced to find alternatives to fewer available jobs or lost jobs.

But for those who are gainfully employed and want to remain so, finding your life passion and living it does not require that you have an online presence or start your own business.

You don’t have to live your passion through your job at all if that doesn’t work for your life right now. You can live it through a hobby, avocation or lifestyle change.

Or you can find ways to remain employed full-time and shape-shift your current job to align more with your life passion. For example, if your passion is teaching, you can request more roles in your work that involve mentoring or training.

Also, you can try to negotiate for different work responsibilities, for a move within your organization or propose a new way of
indulgent and stressful when she knew she had a paying job as a director. And her family needed the income.

To satisfy her writing passion, Katie started a blog (Momentum Gathering) as a means of expressing her thoughts, as well as offering support and inspiration to the growing numbers of readers who loved her ideas and writing style.

As she learned more about blogging, she found she could potentially make an income from her blog.

She learned how to attract more readers, use social media, create courses, and make online connections.

However, without her full awareness or conscious consent, the blog began to take over her life and pull her away from her family and other things she enjoyed—including her novel.

Now it felt like she had two jobs when really what she wanted to do was write.
Katie’s short experience as an online entrepreneur helped her focus on what she is really passionate about: writing and directing.

She has given up blogging and is now fully focused on writing her novel and directing films.

She has been able to massage her film schedule to allow her time in the day to seriously work on her novel.

She has found the perfect balance of job security and passion—a balance that works for her and her lifestyle.
Remember back when you graduated from high school or college? Remember that overwhelming feeling of having to choose what you were going to do with the rest of your life?

In that crucial time when you are just beginning to learn who you are and what is important to you in life, you feel pressured to make a huge decision about your future.

So you pick a major, get a job, start a career—in the hopes that you have chosen wisely.

Sometimes those choices are influenced by your parents or peers. Sometimes they are made because you don’t know what else to do.

A fortunate few actually know what their passion is at a young age and can pursue those goals. But even they don’t realize how life and experience changes us along the way.

What excites us in one phase of our lives might not fulfill us another. (Yes, you can have more than one passion in a lifetime!)

But as we move farther and farther away from formal education and the freedoms of youth, we become more entrenched in our responsibilities and career choice.

For better or worse, we focus our time, learning, and energy on this career path with little time to explore other possibilities or interests.

Then one day you begin to feel that restlessness—the feeling that your job or profession is not exactly what you hoped it would be. Maybe you feel bored, uninspired, or even downright depressed about what you are doing.
Those feelings spill over into other areas of your life, infecting your relationships and your general joy for life.

But what can you do about it?

- You don’t have other skills.
- You can’t afford to start over.
- You don’t have time or energy.
- Your family wouldn’t support you.
- You are too old to learn something new.

So why bother finding your life passion? It’s just too late to change your life.

The Truth

No, it’s not too late. It’s never too late.

And once you embrace that truth, you can reinvent your life as many times as you want to for the rest of your life.

Recent studies in brain science have confirmed that our brains continue to develop through and beyond middle age. We don’t lose brain cells.

In fact, our brains get better at inductive reasoning and problem solving—getting to solutions and recognizing the central idea, the big picture. The brain can continue to build neural pathways that help us recognize patterns and therefore reach solutions much faster than a young person can.

We have stores of information in our brains, gathered from years of experience, which can be accessed through the triggers of learning new things and stretching ourselves.

So we are actually in a better position to start over with a passion—and find solutions to potential roadblocks—than we were in our youth.

We have more mental tools, common sense and knowledge at our disposal. We are primed for pursuing our passions.
The problem isn’t our capacity for growth and change. It’s our fear of it.

It’s our fears that we might lose our security, prestige, respect or lifestyle. It’s our fears that we might fail, lose the love and support of friends and family or look foolish.

But fears are nothing more than thoughts gone wild. Almost always, they aren’t real.

You will never know what a perfect time it is to find and live your life passion until you try. (And there is a way to smoothly transition to living your life passion if you don’t want to make a sudden leap. That’s something I teach in my life passion coaching.)

The only thing standing between you and beginning the process of finding and living your passion isn’t the notion that it’s too late. It’s fear. False fear.

Move past that and it will be smooth sailing.

The Proof

At age 40 . . .

- John Glenn became the first American to orbit the Earth.
- Joan Ganz Cooney founded Children’s Television Workshop and became the mastermind behind “Sesame Street.”
- Physicist William Sturgeon created the first electromagnet.
- Jean Eugene Atget, now considered one of the greatest photographers, took up photography.
At age 50 . . .

- Barbara Streisand won a 10-year film and recording contract estimated at $60 million.
- Mary Dixon became a pilot, fulfilling a lifelong dream.
- Terri Tapper became the oldest female certified kiteboard instructor in the USA (and possibly the world).
- Barrie Davenport gave up her public relations career, got certified as a coach, learned to blog, started a new business and reinvented her life.

At age 60 . . .

- Playwright and essayist George Bernard Shaw completed a play, “Heartbreak House,” regarded by some as his masterpiece.
- Italian sculptor, painter, playwright, draftsman and architect Gian Lorenzo Bernini began designing churches.
- Ann Roberts retired from 30 years of driving an 18-wheeler, changed jobs to tax preparer and also sales rep for a tractor/bush hog company. She square dances evenings and weekends. She is a grandmother of 4 and is still working.

At age 70 . . .

- Benjamin Franklin helped draft the Declaration of Independence.
- French actress Sarah Bernhardt had a leg amputated but refused to abandon the stage.
- Judy Brenner, who had recently run the Boston Marathon, chased a teenage shoplifter 100 feet and helped hold him until police arrived.

At age 80 . . .

- Jessica Tandy became the oldest Oscar recipient for her work in Driving Miss Daisy.
Mary Hardison, 101, became the oldest woman to do a tandem paraglide.

Manoel de Oliveira (age 103 in 2012), is the oldest film director in the world and continues to make about one film a year after the age of 100.

Alice Porlock of Great Britain published her first book, Portrait of My Victorian Youth, when she was 102 years old.

At age 100, Fauja Singh became the oldest person to complete a full-distance marathon. This was his eighth marathon—his first was at age 89.

Is it too late for you? Only if you believe the myth.
5

i need special skills or talents
to have a passion

Often when we think of a life passion, we think of the special creative talents that only a small portion of the population possess. Creative people are known to be passionate because they have these all-consuming and compelling talents and skills.

Artists, dancers, actors, musicians, writers and other creative-types seem to have cornered the market on living a passionate life. But of course they are lucky. They were born with abilities that the rest of us don’t possess.

They were born with an inner fire, a burning desire to pursue their creative abilities, even if it means living with little money.

Passion = Creativity, and if you aren’t creative, there is no point in pursuing a life passion. A life passion isn’t for practical, analytical, technical, mechanical types like you, right?

The Truth

Sir Ken Robinson, Ph.D., is an internationally recognized leader and author in the development of creativity and human potential.

He suggests that creativity doesn’t drive passion. Passion drives creativity.

Everyone is born with an amazing capacity for creativity, but like any other innate ability, it must be developed to blossom fully.

Creative domains like the arts do involve a high level of natural creativity, but so can any other discipline. You can be creative at anything that involves your intelligence. And you can continue to develop your creativity in your work and life in general.
Often people don’t believe they are creative because they simply don’t understand what is involved. According to Sir Ken in his book *The Element,*

“. . . there are some general skills and techniques of creative thinking that everyone can learn and can apply to any situation. These techniques can help in generating new ideas, in sorting out the useful ones from the less useful ones, and in removing blocks to new thinking, especially in groups.”

So whether you are an artist or an accountant, the creative process is always available to you.

Our lack of passion and boredom often stems from the logical, linear type of thinking and learning that dominates the Western attitudes toward education and intelligence. "Being creative is about making fresh connections so that we see things in new ways and from different perspectives," remarks Sir Ken

When you begin to reframe your ideas not only about what constitutes creativity, but also about how you perceive your work, your life, and your relationships, you may see things you haven’t noticed before and discover passion where you thought there was none.

By focusing on your particular kind of intelligence (what you naturally have an aptitude for) with creative, non-linear thinking, you will be “in the flow” of the passionate experience.

Your Intelligence Type + Creative Thinking = Life Passion!

Creativity is a combination of inspiration, imagination and action. Or as Sir Ken would say, it is “applied imagination.” And it can and should be learned.
The Proof

Bill: In the early 70’s, Bill was a nerdy teenager from an upper middle class family who was often bored and withdrawn. He liked to read reference books and excelled in math and science in school. He also liked to spend time in the computer lab at school with his friend Paul, working on programs during their free time.

His parents expected him to go to college and become a lawyer. But even in college, he couldn’t stop working with computers and ultimately abandoned pursuing a law degree, leaving school altogether to join up with Paul in a business partnership creating computer software.

Dave: An adopted child, Dave dropped out of high school in the tenth grade to work full-time in a local restaurant. Within a few years, he enlisted in the army and became a mess sergeant, responsible for the daily meals of 2000 soldiers.

After he was released from the Army, he used his meal service experience to go back into the restaurant business, working his way up in the Kentucky Fried Chicken organization. He eventually opened his own fast-food hamburger restaurants.

Suze: Suze dropped out of college to travel across the country with friends. She landed in Berkeley, California and got a waitressing job at a bakery, where she remained for many years. But Suze dreamed of opening her own restaurant, and one day a kindhearted customer helped her raise the funds to get started.

To help her fledgling business, Suze began learning everything she could about investing. But after losing all of her money in a get-rich-quick venture with an unscrupulous broker, Suze decided to become an investment broker herself. She worked her way up at Merrill Lynch and eventually opened her own investment firm.

These sound like fairly typical success stories of people in non-creative career fields. But what do Bill, Dave, and Suze have in common?
Yes, they all worked in fields not typically considered creative. And they were all hard workers who began their careers without much life direction.

By accident, they each found something they loved doing, but none of them had special abilities or obvious artistic talents.

Ultimately, each of them found a way to tap into their natural aptitudes and use creative thinking to propel them to success. Because they were passionate about their work, they found out-of-the-box ways of building their businesses, doing things a bit differently, and as a result becoming wildly successful.

Bill Gates, with his partner Paul Allen, built the world's largest software business, Microsoft, through technological creativity and innovation, keen business strategy, and a lifelong passion. In the process, Bill Gates has become one of the richest men in the world.

Dave Thomas was the founder and CEO of Wendy's, a restaurant chain specializing in square hamburgers. He is also known for appearing in more than 800 commercial advertisements for the chain, more than any other company founder in television history. He went back to school as an adult to get his GED and founded Dave Thomas Foundation for Adoption, a cause he was particularly passionate about.

Suze Orman has established herself as one of the top personal finance experts in the U.S., but not by just offering rote advice to her clients. She published *You’ve Earned It, Don’t Loose It*, and two years later Orman hit the best-sellers list with *The 9 Steps to Financial Freedom*. She also hosted her own award-winning talk show. Once a waitress earning $400 a month, Suze Orman has become a nationally known personality.

Do you need to be born with special skills and creative abilities to live your passion?

No, you just need to live your passion, and special skills and creativity will find you.
i need a lot of money to pursue my passion

You have a dream of living differently—of waking up in the morning without that feeling of dread or anxiety about the day ahead. You are stuck in a rut of getting up, going to work, coming home, watching some TV or surfing the net, taking care of some chores, then going to bed. Every day, it’s the same.

Your job may bring you moments of fulfillment, but overall, it’s not what you want to be doing. It drains you and sometimes it’s just plain awful.

When you get home, you think about some cool things you’d like to be doing—but you are just too tired and unmotivated to do more than the pressing tasks that demand your attention. The kids. The bills. The household chores.

Sometimes you let yourself think about a different life, one where you wake up excited about the day ahead.

A day where you are full of energy because you can’t wait to get to work, to do something fun and fulfilling, to feel happy and lighthearted.

So you think about how you can make that happen. I’ll go back to school. I’ll quit my job. I’ll take that class. I’ll go off and travel. I’ll follow my dream.

But then reality kicks in. How can you do these things on your salary? How can you afford to quit your job? Who will pay the bills?

Do I want to give up my lifestyle? What if I fail and lose everything? How will I take care of my family? There’s no way to afford a life passion. What was I thinking?
The key to finding your way out of a tight spot is to turn your engine on. You can’t move out of a tight parking spot without starting your car. And you can’t shift from an uninspired life without igniting your passion.

But just like being parked in a tight parking space, all you need is a little wiggle room to get unstuck and find a way to make things happen.

Consistent, small movements in the direction of your dream can be enough momentum to create change without losing financial security.

Yes, it will take some time, but eventually (sooner than you think), you will move away from your old life and closer to your new one.

But dreaming, powered by small actions toward your dream, creates an enthusiasm and momentum that will open the floodgates of creative ideas and opportunities you may never have considered.
When you really want something, when you feel passionate about it, **this power will propel you** toward finding solutions and taking action.

Just the excitement of these feelings alone, seeing a real possibility of change, will dramatically improve your feelings of happiness and control over your life—before you ever begin really living your passion.

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**You may feel inspired to . . .**

- Find ways of making extra income;
- Streamline and simplify your life to make more time;
- Cut back on spending;
- Seek new job opportunities you hadn’t explored before;
- Ask for a change at your current job;
- Move to a different city with better opportunities;
- Test a new hobby or avocation;
- Reach out to new people for ideas or support;
- Volunteer for something meaningful to you.

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Even if you don’t believe you can live it, seek out your life passion anyway.

**The power of recognizing your passion will create the momentum and inspiration to wiggle you out of the tight spot holding you back from living your dream.**

Will it happen overnight?

Probably not.

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But the process of moving toward your passion will provide you a dramatic boost to your outlook and happiness. So isn’t it worth a try?
The Proof

Stephanie weighed over 400 pounds and hated her job.

She was in debt and living paycheck to paycheck. She didn’t like to socialize because she was embarrassed about her weight. Even if she could afford to travel, she couldn’t fit into an airplane seat.

At age 33, she had never had a date.

Stephanie felt trapped by her weight and her miserable job. But she had a dream.

She had a dream of working for herself, doing something creative and fulfilling, maybe starting her own business. She also had a dream of getting healthy, losing the weight, and finding love in her life.

After years of failed dieting attempts, Stephanie decided to change her approach and try one small change in her diet. She cut out junk food. She cleared out the chips and sweets in her pantry and stopped eating at fast food restaurants.

Otherwise, she ate what she wanted.

To her amazement, she started dropping weight—close to 2 pounds a week. It was more than enough to lift her spirits and give her hope.

So she did some more research on healthy eating and began to increase her intake of vegetables and reduce her portions. Through her online research, she discovered a blog written by a coach who talked about bold and fearless living (that would be me!).

Even though she was frightened, she reached out to the coach by phone for help with her debt goals and career predicament.

Eventually, the coach saw a photo of Stephanie, and recognized that the main issue holding Stephanie back was her weight (and her fears related to her weight). So she issued a challenge to Stephanie: just go talk to a personal trainer. You don’t have to
Sign-up, just talk. Stephanie did have that talk. And she did sign up for personal training, asking for a loan from her parents to pay for it.

Two years later, Stephanie has overhauled her entire life.

She has lost over 200 pounds and counting. She works out and continues to eat a healthy diet. She cut back on her expenses, started paying down her debt, and left the job she hated to strike out on her own.

At first she was taking freelance work to make ends meet. Then she started her own blog—TradingPounds.com, wrote a book, and built a coaching business to help others lose weight and change their lives. She is making a good income, doing exactly what she wants to do, and loving every moment!

She also recently traveled by plane to go to the Kentucky Derby. But it was harder than she expected—not because she couldn’t fit in the seat (she could)—but because it was the first time she’d been apart from her new boyfriend.

She changed her entire life without a lot of money and with a debilitating health and lifestyle issue.

If Stephanie can do it, you can do it too.
Perhaps after reading these 6 myths, you can see where you have bought into one or more of the lies surrounding life passion. You see how others have busted those myths and are now living passionate, fulfilled lives.

Now you recognize where fear and misinformation have held you back from going for it—taking the steps to make the life you’ve only been dreaming about become a reality.

I totally, 100% believe that YOU can find and live your life passion.

But . . . do you still wonder if it’s really possible? Do you still have some doubts?

Well let me ask you this:

what do you have to lose in finding out?

What do you have to lose in taking the first steps toward finding your passion? And if you are convinced that you’ve been giving away your power to a bunch of lies, what’s holding you back from going for it right now?

Aren’t you ready—no, eager—to get started with creating a new life filled with enthusiasm, excitement, fulfillment, and joy?

Let’s take a look at your life right now.
If you are . . .

- Bored
- Restless
- Unhappy
- Anxious
- Stressed
- Depressed
- Confused
- Unmotivated
- Uninspired
- Unsure
- Entrapped
- Just hanging in there
- Doing ok, but not great

Wouldn’t you rather be . . .

- Excited
- Energetic
- Inspired
- Highly-motivated
- Enthusiastic
- Uplifted
- Eager
- In the flow
- Joyful
- Happy
- At peace
- Confident
- Fulfilled

If you could have a bigger slice of these feelings every single day, wouldn’t you give yourself the gift of time and knowledge to make it happen? I know you are totally worth it!
But it’s not until you stop wishing and start taking real action that you can make your life passion a reality.

I know. I was once in exactly the same place you are right now. I had the same dreams and fears. But now I’m living my dream. My life passion is my reality.

If you had access to the formula that changed my life (and hundreds of other lives), a formula that would show exactly, step-by-step, how to go about finding your passion—and then take you by the hand and help you create the actions to make that passion a reality—why wouldn’t you go for it? Especially if you had nothing to lose in the process!

There is nothing holding you back!

Your Next Steps

Ok, I know . . . I’ve given you all of this great information about why there is nothing at all to hold you back from finding and living your passion. I’ve helped you bust the myths surrounding life passion and shown you how I and many of my clients have changed their lives. But I totally understand how, even with all of this new information, it can still feel confusing. How do I start? What do I do first?

That’s why I want to help YOU begin to uncover your life passion and find the best way to make that passion a reality—so it fits perfectly into your particular life!

If you are the kind of person who is ready to take action and make things happen, I have something to keep you moving forward.

Now that you know the myths about living a life of passion, you’re ready to take the first step toward uncovering your own.
All the proven strategies I’ve created and taught to my clients are available to help YOU find your life passion—but without the cost of individual coaching:

- Get crystal clear on what your life passion is
- Cut through the barriers holding you back from seizing your passion
- Create a realistic plan of action that works for your life—regardless of your situation

I’ll show you the exact steps to make it happen so you can get unstuck and love your life!

Click on the banner below to learn more about the life-changing benefits of The Path to Passion Course.

Barrie Davenport is the founder of BarrieDavenport.com and creator of the top-ranked personal development blog, LiveBoldandBloom.com. She is a certified life passion coach, helping others find and live their inner passions in a way that creates a fuller, happier and more purpose-filled life.

She is the author of The 52-Week Life Passion Project and the creator of The Path To Passion online immersion course.

Barrie spent over 20 years as a successful public relations executive, helping her clients realize their own passions by positioning them for success. She served as marketing and PR director for a network of career colleges, supporting students as they pursued their own career passions.

For many years, her focus was on helping others reach their dreams and fulfill their personal callings.
Over time, Barrie realized she wasn’t completely fulfilled with her own career. As much as she loved helping others, something felt out of alignment with who she wanted to be.

After years of feeling stuck, she took a leap of faith and left her successful PR career in order to begin a process of self-discovery for her true calling. The search begins . . .

At the time, she thought she was merely on a personal search. But over the decades of helping other people with their dreams, she had been unknowingly honing an incredibly powerful skill—how to uncover her inner passion and bring it to life.

“\[I spent 20 years supporting people in the pursuit of their passions without realizing I was developing the valuable skills of helping people uncover their true passions in life. I left my career to finish my search for a personal solution. When I figured it out, I discovered my true calling is helping people live their best lives.\]"

Barrie’s personal search led her to a new career as a personal coach. She went back to school, received her certification and opened a successful coaching practice.

“After going through my own process of helping my PR clients with their passions, finding and living my passion, and then coaching many people through this personal process, I’ve formulated a successful 6-step passion formula, The Path to Passion, which is the essence of more than 25 years of work, research and experience.”

With this formula, anyone who is willing to do the work can successfully find and live their passion.
Know someone who would like help finding their own life passion?

Click the boxes below (or you can copy and paste this link: http://www.bardannedavenport.com/freeguide) to share this FREE guide with others.

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“Chase down your passion like it’s the last bus of the night.” — Terri Guillemets