

- Living Passion -

The 4 Things You Ought To Know for Creating The Life You Want To Live

Living Passion ... many people are drawn to the idea of living their passion and being the creators of their own lives. Just the thought alone puts a broad smile onto anyone's face and a sparkle into their eyes.

But then fear arrives and panic-mode kicks in. Is this really me ? Am I brave enough to do this ?? What will people think of me !?! Where do I start !?! There is no way that I can actually do this !!!

You are overwhelmed by your emotions ... which in many cases can be heavily conflicting ones.

This feeling of *being overwhelmed* can lead to you never taking that first step outside your cherished comfort zone. You are now faced with the dilemma of being in pain because you are not living the life you want to live and being in pain because you are scared and fearful of what could possibly happen if you were to take that first initial step. This dilemma can lead to a full-blown identity crisis !

In this article I will share with you 4 insights that will support you in starting the process to create the life that you not only *want* to live, but you were actually *meant* to live. By the end of this article, you will already have taken the first step

towards living your passion and leaving your much cherished comfort zone behind.

Number 1: Know your Passion

The first thing that you need know in order to create the life you want to live is your passion.

Ask yourself ... What am I truly passionate about ?

What is it that makes you happy at the end of the day ... even when you are having one of those days where you just wished you had stayed in bed and all the cups of coffee in the world didn't make it much better.

The good news is ... we all have a passion ... that is something that drives us, that makes us happy, something that gives us the energy to carry on no matter what. But sometimes discovering our passion and taking ownership of it can be very tricky.

Anne's Story

One of my clients was a secondary school student in Ireland who wasn't sure of what she wanted to study once she had graduated. When asked what she would like to become she replied that she was not really sure yet, but that she was thinking of either becoming a teacher or a nurse.

While we were exploring these ideas, it became very clear very fast that she was not 100% committed to either one of them. There was no joy or excitement in her voice when talking about the possibilities of becoming a teacher or a nurse.

Furthermore, every time we went into more depth with either one of the options it would not be very long into the dialogue that she would find something that would speak against pursuing this as a career. The phrase she would actually use was: *“Well I would not want to do it for the rest of my life.”*

Observing this pattern, I asked: *“If you had a magic wand what would you like to be ?”* And her instant reply ? *“I would like to work in the movie industry.”* The moment she said these words out loud, there was a shift in the tone of her voice. She sounded happy and grounded ... and suddenly full of energy.

Funny enough she had already been working as an extra on a regular basis on movie sets for a couple of years and she was actually indeed working as an extra at the time of our coaching sessions.

Sometimes we are just closer to actually living our passion then that we are aware of. So open your eyes and heart and see what it is that makes you feel happy and fulfilled !

Number 2: Know Your Talents

Just as we all have a passion we all have talents.

Talents are things that we are naturally good at ... and more often than not we are not even aware of them.

For example, our talents dominate our decision-making. Not only those major decisions we need to make but the thousands of small decisions we are confronted with on a day-to-day basis ... like *“Will I walk to work today or take the car ?”* Our talents make almost every one of our decisions.

Rose's Story

Rose had *Connectedness* as one of her talents. She was very surprised when she learned this and wanted to learn more about this talent of hers.

Once we started exploring *Connectedness* she became aware of two things. The first realisation was that this talent was 110% her. The second realisation – which resulted from the first – was that *Connectedness* had indeed been living her. It had in fact become her biggest weakness.

So how did that reflect in her daily life ?

It meant that she would get lost in connecting to the people and the environment around her. Her first thoughts would always be concerning others. *Connectedness* for her meant that she was “considerate, caring, and accepting.” While she was worried and thinking about others and their feelings, she completely forgot about herself ... the one person that mattered the most.

She would push herself far beyond her limits in order to be there for others ... to make sure they were happy. She would give and give and give ... and at the end of the day find herself completely drained of energy and indeed feeling so ill that migraine attacks were nothing out of the ordinary.

Once she became aware of how *Connectedness* was living her, a shift started to take place. It was not an over-night change, but rather a continuous process.

A couple of months later we revisited her talent *Connectedness* to see how her relationship to this talent had changed. By doing so she learned that within those couple of months she had started to consciously live *Connectedness* and that it had become one of her key strengths. This means that she now has a

strategy in place which supports her in not only consciously connecting or not connecting to others, but indeed and most importantly consciously connecting to herself.

In order to live our lives to our fullest potential and make conscious decisions along the way, it is essential to know and understand our unique talents and how to live them, so that they are our strengths.

Number 3: Know Your Needs

Behind our talents lie respective needs.

When we are meeting our needs we feel happy, satisfied and fulfilled. Everything is good. When we are not meeting our needs, we find ourselves feeling uncomfortable, ill-at-ease, misunderstood, lost and indeed ready to blame anything, everything and anybody ... including ourselves.

The only person that can meet our needs are us. No one else can meet your needs – it is your responsibility to find a way to meet them !

And so the big question is ... *How can we make sure that our needs are being met ?*

Simon's Story

One of my clients was a university student in the Netherlands who was in the process of writing his Master Thesis.

He was struggling a lot and he shared his discomfort with me and how he was unhappy with the writing process ... rather the “slowness” of it. He felt that he was being lazy and getting nowhere. So we decided to look at his needs and

discovered that he had a very high need for control and structure ... and that those were not being met !

What had happened ?

He had chosen a professor as his mentor who was very popular among the students, as he was known to give them a lot of space and freedom. And it was this freedom that was “killing” my client. He had simply not been aware of this ! He had been trapped in comparing himself to the other students and wondering how come nobody else was struggling.

Once Simon became aware that the reason for his feelings of discomfort was he not meeting his needs for structure and control, we explored how he could meet these important needs of his. The solution he came up with was to ask his professor to give him deadlines for the different chapters of his thesis.

With this new gained insight he went to meet his professor and the next time we spoke – which was just the following week - Simon was in very high spirits because not only did the professor have no problem at all with giving him fixed dates AND checking-in with his work progress, his professor immediately set the first deadline the very same day of the meeting.

And not only that ... Simon had already met his first deadline well ahead of time and was already working towards meeting the next deadline with his new found energy.

All this was possible because he had taken ownership of his needs and had successfully explored how he could meet these needs.

When you know your needs, you find yourself in a position of choice. By taking ownership of them you have become the creator of your own happiness. It is always up to you to meet your needs ... you just need to be aware of them !

Number 4: Know How to Live Your Talents and Needs Consciously

Having a word that describes a “natural” behavioral pattern or a basic need is already the first step to living life consciously.

Yes ! The first step to living your talents and needs consciously is really that simple and easy !!! As the stories that I have shared so far have shown, once you are aware of something, it is very hard not to change and not to be in charge.

Once we can name our talents and needs we can observe ourselves. At the end of the day you can ask yourself: *“How have I lived my connectedness today ?”* And you can reflect back on the various situations that you have encountered during the day.

If you are feeling unhappy or irritated, ask yourself: *“Which need of mine was not being met in that situation ?”* Or when you are over the moon step back and see which needs were being met !

In order to live your talents and needs consciously observe yourself and look at what you did and how you felt while doing it !

I would like to close this article by sharing a short story about myself.

Judith's Story

One of my passion's is horse riding. During a one-on-one lesson I was asked to let go of my horse's reigns and to continue to do a sitting-and-rising trot. My horse – her name was Rhythm – had a very fast and energetic trot, which posed a challenge.

I felt very uncomfortable doing the exercise and I did not feel as if I were very much in charge of the situation at all. Then my teacher told me to choose at what pace I would like to go and to move slower up and down ... instead of allowing Rhythm to dictate her pace to me. Once I started moving slower up and down, I noticed that Rhythm was starting to trot slower ... she was adapting to my pace !

At the end of the lesson I wanted her to stop – still not holding the reigns – and in order to do so I had to make myself very heavy and be grounded ... and indeed ... she came to a halt for me.

This story illustrates that we can create the music that we choose to dance to. Even when the world is hectic and we think that there is no way that we can possibly live our passion, live our talents and meet our needs ... always remember ... we are the creators of our own lives and we can choose the tunes we want to dance to.

The key to creating the life you want to live is knowing yourself !



Judith Elizabeth Kovács is the founder of KoCo-Consulting and is based in Berlin, Germany.

Judith works with individuals from around the globe who come from all walks of life looking for support in transitioning into new chapters in their lives.

Just like her clients, Judith is very international herself being Irish, German and Hungarian. Having lived as far afield as Scotland, New Zealand, Japan and Canada, her passion for diversity and internationality is also reflected in the languages she speaks: English, German, French and Japanese.

Judith loves to learn and from time to time finds herself way outside her own comfort zone ... for example when snowboarding ... a sport which has been pushing her boundaries for the past 10 years.

Judith is an International Certified Professional Coach.

Can Judith support you in creating the life you want to live ? Yes she can !

KoCo-Consulting offers you the ideal opportunity to explore your passion, talents and needs so as to put yourself in the position of transitioning from fear to happiness; disorientation to clarity; doubt to confidence; frustration to satisfaction.

Working with Judith includes receiving your own personal talents profile and can be arranged from any where and for any time around the globe as she works via skype !

To learn more about Judith, just email her at contact@koco-consulting.com.