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It's all about the passion...



Dr. Deb Carlin
Psychologist

My career is about people, I've spent decades talking to all sorts of people around the world. ***The most successful people tell me that their passions run deep, and that passion is hot. When we talk about their life, most of them rejoice that they get paid to do what they love.***

Me too.

Life is about one breath after the next. You better make this one count because at the end of the day, you'll wish you'd breathed deeply. Your professional success and your personal life are more aligned than they are different. So, go for the gusto and grab the brass ring. ***Success is not a tentative pursuit; neither is life.***

Think about the effective leaders you've known...their passion is startlingly clear. Every successful leader I have either known or studied has been so obviously invested and passionate about their mission that their energy was irresistible and their confidence inspired people who allowed themselves to be inspired. Inspiration breeds motivation.

Whose team do people want to be on? No one wants to follow a person who seems flat lined; we all want a leader who rallies and who projects some form of a glorious journey – isn't that exactly what we each want from our life experience?

Wake up, move your body, get into the zone. Do it at work and at home.

Valentine's Day just happened. Any regrets? Either way, turn today into the most deeply and exuberant lover's day you've ever experienced – make it the most ambitious day you've ever had at work. Success is yours for the taking, so is life.

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