

### Issue 06, Volume 22: Living with Passion

We know the things that make us happy. Physically, emotionally, intellectually, and spiritually, we know the things that infuse our lives with passion and enthusiasm. We just don't do them.

Physically, we know that if we exercise regularly, have good sleep regularly, and eat the right sorts of food, we feel fantastic and more fully alive. We're healthier, happier, and have a richer, more abundant experience of life.

Exercise infuses our lives with energy and vibrancy. Additionally, it affords us an opportunity to remain in the business of healthy living much longer. But we think we don't have time for exercise.

Emotionally, we know that if we give priority to our relationships, our ability to love and to be loved increases. We become more aware of ourselves, develop a more balanced view of life, and experience a deeper sense of fulfillment. We're healthier and happier.

Thriving relationships with our significant others make us happy. But we are too busy that we don't have time for our spouses and children. Relationships take one thing, and that's time. Relationships are not built on what you do for your children or what you buy for them; relationships are built on time, spending time with them.

Intellectually, we know that if we take a few moments each day to read something, our vision expands; we become more focused, more alert, and more vibrant. Clarity replaces confusion. We feel more fully alive, and we are happier.

Spiritually, we know that if we take moments each day in God's presence, and in quiet reflection to reconnect with ourselves, we develop a deep sense of peace, joy, purpose and direction. We're healthier, happier, and we have a richer experience of life.

We know what to do to be happy. We just need to do them. We get a deep sense of fulfillment and satisfaction from those activities because they infuse our lives with sustainable happiness.

## **Living with Passion**

Written by Lillian Chebosi

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Choose to live everyday with passion and purpose by doing the things that make you happy.

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