



## **Top 10 Ways to Reignite Passion** *(Your staff or Your Own)!*

### **1. Find a New Challenge**

Passion is all about energy! If you want to ignite your passion or those of your staff, they need to have challenges that will stretch them without breaking them.

Challenge yourself to take on a new assignment, or create a new process or procedure. Give your employees an opportunity to present ideas for new projects and then give them time and resources to work on them.

Excite them without overwhelming them. Engage them without disengaging everything else they're working on.

Challenge yourself daily to do something different, in a different way, or in a different order! New challenges require energy and are a great way to **'Reignite your Passion'**.

## 2. Tap into your Why

Passion also comes from doing something meaningful. It's our Cause! Our Charge! It's WHY we get up in the morning and go to work. When people have lost their passion, they've forgotten their 'why'.

Tap into why you chose this profession, company or job. What is it about what you do that you love? What is it about this industry that drew you to it? Why this particular company? Keep asking yourself 'why' to find your answers.

What if your answer leads you outside of what you're doing? We'll look at that in the next two tips, but if that's the case, the next thing you need to do is find ONE THING you do feel passionate about at work. Your paycheck? Your co-workers? Your commute? Your boss? The location? The flexibility? Etc.

Don't stop this exercise until you have at least one thing. Then focus on that to **'Reignite your Passion'**.

## 3. Create a Passion Path

A Passion Path is a course or journey that will lead you from where you are to where you'd like to be. It's about taking stock in your current skills and abilities and mapping a course to the next level or destination.

What classes are available for you to take at work? What online programs can you enroll in? What conferences excite you to attend? What new skill do you want to learn that would advance your career?

Creating a path that is filled with things that 'fill you up' is another sure fire way to **'Reignite your Passion'!**

## 4. Look outside of Work

Sometimes the truth is that we've never really been passionate about our work. It's a job. It pays the bills. It affords me other things that are important. But that doesn't mean you need to live a passionless life.

Look for things that you are passionate about outside of work that will energize and fuel you. It may be spending time on your hobbies, service projects, music, travel, art, cooking, grandkids, etc.

Spend your weekends and evenings engaged in these activities. Guard those times to do only what you love. It will also give more meaning to your life and afford you to do the work you do during the week.

See if you can create a tie-in from your passion project back to your work to build a bridge. If you're passionate about cooking but work with numbers all day, offer to host a pot-luck lunch in the cafeteria to show off your favorite dishes. If you're passionate about helping others, start a service project for your organization to support your community. Get creative!

When you live in integrity with who you are, you '**Reignite your Passion**'!

## 5. Reconnect & Re-bond Relationships

The beginning of relationships are always more passionate. They're exciting. They're new! They're filled with promise. Even if they started out slow, cautious and tentative, after awhile we all settle into a casual comfortable ... boring status. Relationships need passion to thrive!

Similar to tapping into your 'why', reconnecting and re-bonding with people at work will re-engage your passion. When was the last time you went out for lunch with a co-worker? Or had lunch with someone you don't know very well?

What about your boss or employee? What can you do to get to know each other better or in a more personal or deeper way? Now – I know not every corporate culture encourages people to get too personal, but connecting with each other in a deep personal way forges those bonds that create belonging.

And, it's actually a sense of belonging that people crave in both their personal life and their workplaces. Start conversations with people you don't know. Have deeper conversations with those you do. Find things that you're passionate about to talk about! **'Reignite your Passion'** by reconnecting and bonding with others.

## **6. Imagine Hiring Someone for your Job**

Teaching someone what you do is another way to tap into your talents, skills and passion. We take for granted the things we do every day and many of them have lost their value and importance because we do them by rote.

Imagine the task at hand is to create energy, joy and passion for the job. How would you go about teaching someone to do what you do? How would you tie in the organizations Mission and Vision into your daily tasks? Those statements are filled with passion and integrity! They communicate values and objectives of the organization.

Write your own Vision & Mission statement and use that to **'Reignite your Passion'**.

## 7. Reframe Negativity

Nothing zaps our passion faster than a bad attitude or being constantly barraged by negativity. Negativity is huge energy vampire!

If you're stressed, overworked, and underpaid, it's hard to feel passionate and energized. Complaining or listening to others complaints only drags you down even further. Whether those 'Energy Vampires' are in your office or in your head, it's important to find a way to reframe them.

Decide to look at your situation in a different way. Instead of joining the pity party, reframe the complaint as an opportunity to create positive change. Use gratitude for what you do have, what is working well, and what is in your control to change. Say, "No matter what's going on around me, it can't affect what's within me."

Affirming the positive and minimizing the negative **'Reignites your Passion'**.

## 8. Swap Jobs or Tasks with Co-Worker

We know everyone has plenty on their plate and not really eager to embrace doing more work. But when the tasks and projects are always the same, it can be very easy to fall into a rut. Boredom sets in. Passion marches out! And you're just phoning it in.

Don't wait for your boss to point this out, be proactive and see if you can swap jobs or assignments with a coworker. Don't have the exact skills? No problem! Go to Tip #1 and view this challenge as a way to re-engage yourself at your company.

Swap jobs for a day, a week, a month or suggest your own short-term assignment. Intern in different departments and learn what each does and how your role fits into the big picture. You may find a new appreciation for what you do! **'Reignite your Passion'** by working on a different piece of the puzzle!

## 9. ‘Act as If’ it’s your Dream Job

How would you feel if you had the job of a lifetime? Your dream job, doing what you’ve always wanted, working for the company you’ve always dreamt of! Excited! Engaged! Passionate!

What if you acted as if this was your Dream Job? How would you feel when you woke up? What would you do differently? How would you behave at work? You’d be overjoyed and happy! Alive and Jubilant! Over the Moon! You’d want to pinch yourself for your good fortune!

Why wait to feel this way? Write out a description of your dream job and ‘act as if’ that’s exactly what it is. Our imagination is very powerful and can create the situation we truly want. When we embrace this present reality, we **‘Reignite your Passion’** to make it happen!

## 10. Recharge your Battery

It’s hard to feel passion for anything when you’re burnt out or tired. One of the simplest things you can do to regain your passion is to take a break from work.

You need time off to ‘recharge your batteries’! Start with leaving work at work and embracing those ‘life’ activities you enjoy. Take your breaks during work – including your lunch break – and stop stockpiling all your vacation days! The company gives them to you for good reason. It may help their bottom-line – yes – but it also helps your mental health! It’s about having Work/Life Balance!

Time away to relax, rejuvenate, and reflect may be all you need to **‘Reignite your Passion’!**