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## In times of transition, reflect and then try to find your true passions

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Question: I've reached the end. The competitive pressure is getting greater. I'm not sure how long I can keep doing this. I can't go any farther with my company without moving my family from the community they've grown to love. What do you suggest?

Transitions come to all of us. Internally, we begin to feel differently about ourselves. We may just be tired of the pressure of an intense job. Our perspective on what is important may have changed. We grow older and our definition of success changes.

Externally, the business climate may have changed. The competition is tougher. Our products have become more of a commodity than a specialized product or service. Or our performance level reaches a plateau. We have to work harder to meet our goals.

Transitions are a natural function of growth. If your options are unclear, it's time to reflect on the next stage of your professional life.

When we become tired, work becomes harder, and the competitive pressures seem to have intensified. One of the sources of this situation may be a loss of perspective about our goals or our purpose. If the job is just a way to make money, then you are discovering that there is more to life than work.

What do you think about in those few still moments waiting for a meeting to start? If you were given a free day, away from the organizational and financial responsibilities of home and office, what would you do?

Passion is tied to what we want to achieve, not to what we acquire. Passion is about the impact that we want to make in life. What is that impact? What activity away from work has become a source of joy for you? Is it coaching a youth sports team? Is it playing the guitar or writing music? Is it service through your congregation or serving on a nonprofit group's board? Is it training new people?

Our passion for life is connected to our desire to make a difference. When desire to create an impact matches up with our ability to do so, we have a powerful indicator of where our future may be.

Spend some time reflecting on what it is that brings you the most satisfaction. Somewhere in that perspective is an understanding of what your passion is. Then, think about what talent, skills and expertise you have that can be applied to what you love to do.

Try this exercise: Write a brief description of what you might achieve with your passions and talents five years from today. Share your vision with friends and trusted colleagues.

We find new opportunities by connecting our passion with our talent and sharing with an expanded network of relationships. Remember, it is about the impact that we create, not simply the passion that we have.

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