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Dedication

I dedicate this book to my family, friends- real and cyber; you have been a motivation to my dream of inspiring the world. Because of you, I have a dream to chase and am forever grateful.

I also dedicate this classical book to those who disguise and doubt my mission. It's because of you that I have a fire in me- that motivates and reminds me about a point I have to prove.

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Chapter 1 – Introduction

Passion is a strong feeling or emotion. I also view it as an irrational but irresistible motive for a belief or action.



There are many successful people out there who are living their life as they want to. They are working hard doing what they absolutely love to do. The most successful people are those who work toward the things they are passionate about and love. There are many reasons for this. The more you love what you do the harder you are going to work at it because you will be enjoying your work.

If you feel like you are bored with your life or not doing what you should be doing with it then it is time to make a change. There may be obstacles or fears holding you back from accomplishing the goals you have set forth in your life. It is time to get past the obstacles and make your dreams happen.

Many people aren't quite sure what their true passion is. They want to work toward being successful as they see many other people but they just aren't sure what it is that they can do. Finding your passion is possible and it will take some deep searching within yourself. Your passion may be right in front of you and you don't even realize it.

Every passion has the capability of making money. It is just seeing the angle you need to take to make it happen. You shouldn't sit around and avoid your passion because you don't think you could financially survive on it because you can.

The purpose of this book is to help you find your real passion within. You will learn many techniques that will help you find your true passion and learn ways you can go about making them a reality. You can work toward your passions and make them a reality.

Once you finish this book you know yourself well enough to know exactly what your true passion is. You will know what you need to do to make your dreams a reality by using your passion and becoming a successful person.

Chapter 2 – Happiness is a Choice You Make

If you are not a happy person that is a choice you are making. You have full control over your life and the decisions that you make. There are many factors which people measure happiness. Some people think money is happiness however they may absolutely miserable with what they do on a daily basis to make their money.



You might look at people who have absolutely everything and you strive to be like them. These things may be wealth, possessions, status, or even the position you hold at work. These things don't create happiness. Happiness is a choice.

There are many people who have wealth and a high status who are completely miserable. They may be lonely, divorced and more. Happiness comes from within. These people may be working jobs they absolutely hate but

just have a knack for making money.

Happiness is Subjective

There are things in life that can make you happy that are subjective. They are subjective because happiness comes differently for everyone.

You might find joy and happiness seeking thrills through rides like roller coasters and bungee jumping. This thrill may be more than torture for someone with a fear of heights who would never step foot on a roller coaster or ever be brave enough to jump from a bridge suspended by a bungee cord.

Everyone seeks happiness in their own way. What makes you happy is a natural high that you deserve to seek. There is nothing wrong with the things that you find joy in. You may be told you are crazy but that is because of the subjectivity.

Naturally Happy

It is true some people are naturally happy. This is proven through a genetic disposition. This doesn't mean that you were born to be miserable if you are not a naturally happy person. Your happiness is influenced by your genetics but it is not fixed as a determining factor.

If you are not a naturally happy person you can change the way you think and feel so you are. The key is to change the way your brain thinks and the things you do. You can learn to do things on a daily basis to bring up your happiness level which will help you learn to smile more and be a happier person.

Exercise

Exercise is very good for the body and it helps the brain put out endorphins which are responsible for making you happy. Exercise is important for total health. This doesn't mean that you have to be on a heavy exercise routine on a daily basis. However, you should try to sweat every day. You can get an amazing exercise but just cleaning the house and doing normal household chores. This isn't about losing weight. It is about creating happiness.

Sleep

"Quality sleep" is a big factor if you want to be a happy person. Quality sleep is needed for the body to be able to function properly. When you don't get enough sleep you might be moody, have an inability to think clearly, and very unhappy.

You might get 8 hours of sleep but that doesn't mean that you had quality sleep time. You may be oversleeping or even be sleeping the wrong way. Some people don't get a good night's rest with a pillow while others need a very fluffy pillow. Your mattress could play into a bad night of sleep also.

Sleep is a big factor and lack of sleep can cause problems with your health. Ensuring total well being requires a good night sleep.

If you are not sleeping well, get to know that the lack of sleep determines how miserable you are throughout the day. Therefore, you need to fix this. You might need to change your daily schedule so you can get to bed earlier. You also might need to encourage other people in your household to help you a little bit more if you are working too hard.

Sleep can be the entire reason you are miserable. If you have the inability to get to sleep and you toss around all night long staring at the alarm clock, this could mean many different things. Some people are very depressed and it causes them not to be able to sleep well. To ensure happiness you need to get a good night of sleep.

Meditation

My mentor calls this the sphere of silence. I must have already at one point, recommended it to you my friend. Practicing meditation doesn't mean you belong to a cult or you are doing anything religiously wrong. Many people associate meditation with Buddhism and think it is wrong. They are missing out on something extremely important which could be exactly what they need to balance out their days. Meditation is one of the most effective ways to change your subjective well being. Doctors have proven meditation to generate brain activity on the left side, which produces a positive emotion in the body.

Chapter 3 – Questions to Ask Yourself

When you are looking for your true passion - because you seek happiness in your life or that there is a gap you need to fill; there are many questions you need to ask yourself.

By carefully, answering these questions will help you understand more about yourself and possibly what might be holding you back from being happy and pursuing your passions. Here are many questions you should ask yourself. You might want to get out a notepad to answer these questions or just make a mental note. Writing the answers down is usually better. My namesake 'Brian' Tracy always says, "Never trust your head to work as a journal."

What really inspires and engages you?



This question may be a little difficult to answer but you may find the answer after you finish the rest of the questions. However, you need to be very clear about where you get your inspiration from. What are the types of things you find engaging and exciting?

If you couldn't fail, what would you do?

Many people don't do things because they are afraid to fail or they have failed in the past. If there is something that you would do for sure, if you knew there isn't a chance whatsoever of failing, what would that be?

If you were forced to start over again, what would you do?

Many people find themselves in situations where they have fallen into a situation where they are not doing as they wish they were. They go to work because they have to, yet not enjoying a single day of it. Trust me, 95% of Ugandans go through this for 95% of their youthful life. So am asking You, If you started over again would you take advantage of the new beginning or would you go back to where you are? What would you do?

If money wasn't an issue, what would you do?

Many people have dreams they wish to pursue, but they never attempt to move forward with the dreams because they cannot afford to get started. Think of what you would love to do if you had all the money to do it. This can be anything.



What is your biggest dream?

If you have a big dream, what is it? There must be something you really want to do that you dream about. It could be a dream you had as a child, but as you grew older, "reality", "sanity", "your parents' vision of you" stole it away from you. Think about this one thing and focus on it real hard.

What is the biggest barrier stopping you from following your dream?

Name all of the things that have caused you to not follow your big dreams. These things could be people who do not support you, money, fears, and other things. There are many different types of barriers which can be overcome. You might not see opportunity or success with your dreams or you may fear that people would make fun of you. You might not even be skilled and lack talent. These could be barriers causing you not to move forward. What are those barriers?

What passion are you afraid of owning or admitting?

Many people have dreams and passions they are afraid to talk about out of fear of being made fun of by other people. You might think your passion is silly to other people. What is this one thing?

As a child, what did you really want to be?

Did you have dreams of becoming someone as a child and it didn't turn out quite as expected? Do you still wonder what it would have been like, if you did follow your dreams as a child? If you had the opportunity, would you follow this dream today?

If you were going to die in the near future, what would you regret not doing?

Many people have regrets when they realize they are going to die real soon. It is often too late for many people to go back and change the things they missed out on. They would have lived their lives completely differently if they had the chance. If a doctor told you that you hadn't any time left but a few weeks, then what would your regrets be? What would you want to do before your time was up?

Now that you have answered these questions, you should have a good idea of some of the things that make you and your dreams happy. You need to have a clear idea of the things you have always dreamed to do. Just think about, if you won the lottery, what would you do with the money? What would you do with yourself? How would you treat the people in your life, your family and friends? Knowing these things is very important.

Chapter 4 – Peak Experiences and Existing Talents

Your capabilities are very important when you are thinking about taking your dreams and making something of them. You need to think about peak experiences and existing talents you have that you can use toward the benefit of making your dreams come true. This can also help you build the confidence you need to be successful.

Your peak experiences include times in your life where you excelled. You don't have to have won an award. These peak experiences include the best times of your life. What are some of the things you have done in your life that you really enjoyed and wish you could do again? Consider some of the accomplishments you have made. You might have built things in the past when you were younger.

Existing talents you have today can be used to help you achieve your goals. Are you good at organizing or marketing? You might be good at something you don't even realize you are good at. These things could be making announcements about events, making phone calls, writing, baking, gardening, or like me – talking and inspiring people; and more maybe.

Earlier on in my life, I had a humongous passion of playing music for my friends (the reason for my neglected nickname – SELECTA). I was really passionate about it that I always told whoever cared to know, that It a carrier I could choose to do, just for the love of it, not money!

By the way, You don't have to have an expert talent. You may have the knowledge about something that you enjoy very much. Maybe you have an interest that you like to read about and this is your hidden passion. Think about something you are very knowledgeable about because you choose to be, not because you are required to be at work. Again, you could be like me and your passion is to be a global motivational speaker. (Hey, I just spelt it out for you.)

Some of the highest times in your life may be the passion you wish you had back in your life. You might have used to be a runner and always wanted to win the Kampala Marathon, but now, you are a smoker and have written that dream off years ago. That doesn't mean you cannot dribble and bounce back into shape and go for your big dream.

Everyone is good at something. If you don't have a hobby,- (like making candles, beaded jewelry, or working on cars on the weekends) - it doesn't mean you don't have a skill. This just means that you haven't quite figured out what your skill is yet. You need to know what it is that interests you the most. The majority of people are very good at what they do, when they enjoy it.

Chapter 5 – Using Curiosity & Creativity

One thing that is very important is curiosity because it is the base of passion. You might have understandings that are blocking you from realizing what your true passion really is. Here are many ways you can use curiosity to help you determine what your true passion is so you can use it to be successful.

Making Your Mind Active

Curiosity helps create an active mind. When someone is curious, they always ask questions and seek for the answers. This causes their mind to be active most all the time. When you are curious and working the mind, you are making it stronger. Your brain is like a big muscle and by working it you are making it much stronger.

Open to New Ideas

Curiosity also allows you to see how things can be at different angles. When you are set in one way things are limited because your mind is not willing to accept a different solution. It is much like your life! If you don't see your life becoming any more successful than it already is, then you won't be. If you can open your eyes to new ideas about how things can be, then you are more willing to try them.

The great thing about curiosity is that when ideas do come to your mind, they will be recognized also and not ignored. When you are not curious, you miss out on the important ideas because you haven't prepared your mind to be open to them.

This also means you must be open to suggestion. Many people offer input that you might not want to hear. This input could have been the one thing that was what you needed to do in your life. Be open to suggestion by allowing yourself to ask more questions and seek different answers.

Open to New Possibilities

When your mind is open to new suggestions, you will also see the bigger picture in almost every situation. Your world will be open to new worlds and possibilities because you will be curious. Normally you wouldn't see these things like you see today.

It takes the most curious mind to have the capability to look beyond the normality of life and see things hidden underneath the surface. These are worlds and possibilities that you can make happen. You have total control of your curious mind.

Excitement

If you are bored with your life, you are most likely not curious at all. Curiosity builds excitement in your life because you will want to see things. There will always be new things that attract your attention and an abundance of toys and gadgets that you enjoy too.

When you are curious, you are adventurous and it is so much fun to add adventure to your life. This doesn't mean you need to go on an African safari or a walk around Uganda. It means you need to look around you and see the things that are going on a little more than you normally do. Do a little research and find out why things tick. Be curious and open to new things rather than having the same boring routine every single day.

Developing Curiosity

If you consider yourself to be curious but you are in a routine of the same thing every day and basically bored with life, then you are not. You are boring. You can develop curiosity to help you become a more exciting person and see the life you can have. Once you become curious and you really want to know what your life will be like when you take your passions and make them happen, you will be more likely to make them happen.

Keeping an open mind is the best thing you can do when you are developing your curiosity. You have to be an open minded person. Work on seeing things from a different point of view. Think about different versions of things and how they could end up.

Another thing you need to do when you are developing your curiosity is to never take things for granted. Many people accept things for how they are. They never dig deeper and they lose their entire curiosity and excitement.

Many things are a really big deal and although it may seem simple to you, it is important. Your child may want to do something that seems so ridiculous. It is about the time spent, you should never take these things for granted because they may not be available to you later. These also include wasting time in your life watching television (Randy Gage calls it the idiot box) when you could be working toward your passions.

Constantly ask questions. As you are developing your curiosity, it is important to ask questions. Who cares what people think about you? You are working on you and you need to be curious. This will allow you to get beneath the surface of things. Ask about how things work and why people are friends of each other.

Find out as much as you can about everything. Not only are you working your brain but you are learning new things and developing an understanding

also. You are learning about why people do the things they do. Although you might do something one way, people may choose to do it the other. This is the opening of your mind you need to do.

Never label something as boring. If you are asked to do something with someone else and you think it sounds drab, you need to get up and tackle it as if it is a lot of fun. Things are only boring that you make boring yourself. Labeling an activity or chore as boring completely closes the doors to something that might be your passion. In addition, you can think of ways to take that boring activity and make it fun.

Look at learning as something fun. There are many things about your passion you might need to learn. You might have put off your passion because it will require you to take a few courses. It is very common for people to think they are too old to learn new things and they don't follow a passion because of this. You are never too old to learn new things. The best thing you can do is continue your learning by reading as much as you can and learning new things. This is a lesson I learn late in life, and that was towards the end of my university time at Makerere University Business School. How I wish I learnt that habit in my primary education time, I would be smarter. But hey, no time for regrets, I took the bull by its horns and it's tremendously paid off.

You should never put a passion off because of learning. What you need to do is tackle the learning as a fun experience that is going to help you achieve a goal in the long run. Being curious is learning. You are in a lifelong class and learning new things every single day. So if you have to take a class or read a book to learn something new, tackle it with a new attitude of excitement and fun. You will learn much more than you would if you thought the learning was a burden.

Reading new things is another way to feed your curiosity and develop it. You might like to focus on just one thing but you should be open to as many different topics and things as possible when it comes to reading. This can help you build your curiosity even further. If you do find you like to focus on just one thing, then you might have found your passion.

Building Creativity

Do you think you are not a creative person? You actually might think you are creative and really not be at all. If you want to live out your passions and make them a reality, then you need to be creative. There are many ways you will need to creatively tackle barriers and make things happen. The more creative you are, the more successful you will be in your life. Here are a few ways you can build creativity in your life.

Make creativity a game in everything you do. When you come upon a circumstance, you should give yourself the rules. Think about the objectives

and any obstacles or strategic constraints that might be a problem. The more creative you are with these answers, the better you are.

When you are creative you also have to set goals. Goals go with deadlines and you need to set a deadline with activities. When you attach a deadline with tasks it actually makes them more exciting. You also won't procrastinate as much either. This applied to me when I was writing this book. The day I set a release date and posted it on my facebook profile, is the day I started spending sleepless night in order to complete it before the day!! Therefore, a deadline set against a goal kills procrastination.

Self expression is a very important aspect also. You need to find every opportunity to express yourself in a way that you can, in a creative fashion; not only in a creative fashion, but in every opportunity. When you look for opportunities to express yourself, you are being creative in the process. I remember there was a time a friend of mine invited me to participate in a talk show hosted on Urban TV, advising the youth on entrepreneurship. It's something that most of my friends freaked out on, but nerve wrecking as it was, I took on the challenge anyway. And today, I look back to it in pride. Am not saying that television is my passion, but it confirmed to me that I could do anything to pass on my ideas to the world, to motivate! Expressing yourself can be in the way you display dinner on the plate. You might choose to dress up the meal with cranberries and garnishes. You may change the way you do a presentation at work and completely changing the style from the way your work does it. View every activity as a way to express yourself and be creative.

Allow more focus in your life. The best things you can do for yourself is eliminating distractions and noise when you focus on an activity. When you focus on an activity really hard you will see opportunities and qualities about it. If you really cannot pay attention to something, then it really is boring. Again, find ways to make it exciting.

When you are working on activities that seem like they are boring, then you should view them as smaller pieces of a bigger picture. You need to see the big picture of things and every aspect of an activity.

Walk around your home/ room.

If you are having a hard time figuring out what your true passion is, it may be sitting right in front of you. You may have collections of items like newspaper pullouts, magazines, hobbies you like to do on the weekends and more. Take a look around your home/ room and see if some of the decorations are a clue to what your true passion is. You might be surprised you have surrounded yourself with items and not even realized it. It's a true story for me because I always found myself hanging pictures of beautiful destinations and nature places. Guess my passion?? You got it right.

Chapter 6 – Barriers

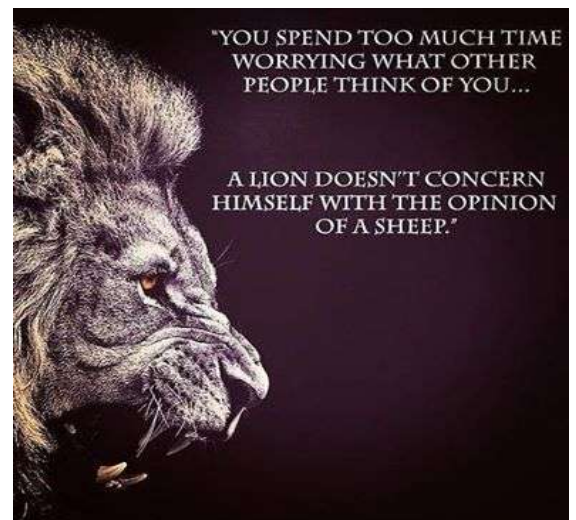


Many people are very clear what their passion is but they have external barriers that are in the way. If you have barriers that are stopping you from living out your dreams, then you need to get past them. You have full control of external barriers and you can do something about them. The bottom line is, living your passion always seems impossible until you actually start living it.

People

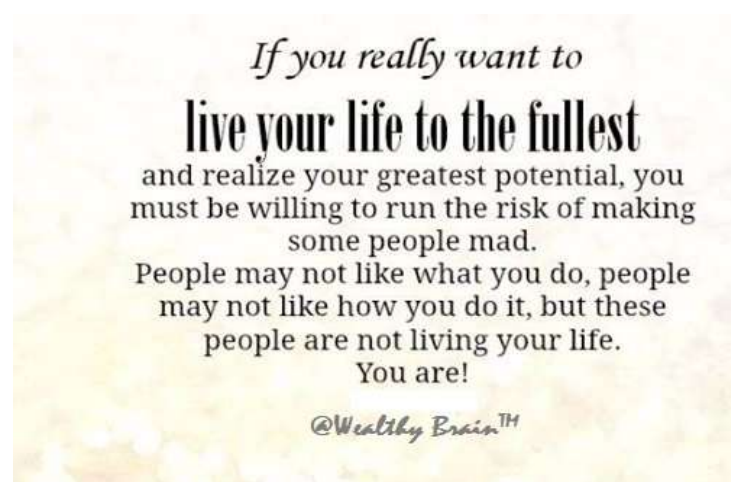
The biggest barrier to someone not fulfilling their passion and dreams is another person. It is common for someone to add input that is hard to listen to because you feel like you are being made fun of. A person may ridicule the idea, think it is silly, and much more. The last thing you need to listen to is an outside opinion if it is negative.

If you have a passion, you need to surround yourself with supportive people. Someone who is not supportive is not who you want around because they will only bring you down. Disclaimer: if you let them.



Many people have a spouse that is not supportive of a passion because they think the idea is ridiculous or they would be embarrassed of what your passion is. This type of person you don't need around you. If you are making a decision of your spouse over your passion, then you are restricting yourself. It is important to make it clear to your spouse that you are passionate about doing something in particular and they need to be supportive of you.

When you have the right support, you can do anything. When family members are not supportive emotionally, then it can make things difficult. The best thing you can do is let them know you are fulfilling your



dreams and they will not stand in your way. It is your life and you need to be satisfied with it when the time comes. People who are not supportive to you may have to shut out for a while until they see that it truly makes you happy.

I am talking about this people issue a lot because I know how people can break your stride, how their words can cold your passion. I have been down this dusty, bumpy road in my business and life, and I know how it feels. Trust me, you can give up if you are not deaf!! The only thing that can keep you on your feet is keeping motivated by hanging around like minded people, reading motivational books, articles, attending high passion and energy events, reading success and motivational quotes, writing down your dreams every time you feel you are giving up, remembering why you started in the first place, and the most effective one, talking to your mentor- someone who understands you, someone who is willing to help you up there!

On this, I love the way success people such as Jimmy Fallon put it below! I find it so elaborate about the impact of people on your passion.

There's always
going to be someone out there...
who doesn't believe in you or who thinks
your head is too big or you're not smart enough.
But those are the
people you need to
ignore, & those are the times
you need to just
keep doing what
you love doing.
- Jimmy Fallon

wealthy brain @ living_your_Passion.



Money

Money is one of the biggest barriers that cause people not to move forward with a passion. You might be an excellent mechanic and you want to start your own shop but you have never moved forward with the idea because of the cost. Money can be overcome.

There are many ways to get money together to start your own business or live out a passion that might cost a lot of money. The best thing you can do is begin cutting costs in your life where you don't need them.

*Money is just an IDEA. Meaning -
Anyone can come up with IDEAS!!*



WEALTHY BRAIN

Many of the ways you can cut costs in your life include not eating out every day for lunch at work, Pack a lunch. Consider taking the bus(taxi) and not driving in everyday so you don't have to cost for fuel and parking. Think about many of the additional expenses you have that you really don't need. You might buy tons of extra things at the grocery store, that you don't even eat but it happens because you always go grocery shopping when you are hungry!

Every time you save money you would have normally spent on something else like a lunch at work,

you need to put the money away. Open a savings account or buy a lock box at home and put the money in it. Don't count the money or ever get into it. Just remember that every time you are adding to the box you are getting closer to achieving your passion.

One thing to remember is that by being creative with your life, you will most likely find other ways you can make additional money to put aside for your endeavor. You also may find a way to start your dream without any startup costs. There are many ways to start your own business if it means you begin in your home first. If you love to make candles and you have always dreamed of owning your own shop, then you can start a business online first. You may even find your online business is more successful than a brick and mortar store would ever be- which is indeed a fact. If anything, I strongly recommend you take a look at a documentary called "THE RISE OF THE ENTREPRENEUR" by Eric Worre.

If you can't access it, send me an email at briansagaba@gmail.com, I'll send you a copy, free because it would mean you are applying the lesson of CURIOSITY like we earlier looked at.

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