

# CHARACTERISTICS OF PASSIONATE PEOPLE

**Are you one of them?  
My definition of  
a Passionate Person  
is someone who  
is following their  
heart towards their  
goals and dreams.**

They are doing what they love to do and are excited about their future. They are confident and content in their knowledge that they are in control of their own destiny. They are not perfect. Sometimes they feel out of balance, they still have challenging moments and they have doubts that sometimes cause them to stumble. But they get back up again to try and try again.

They are people just like you and me. They want happiness, to be loved, to have loved, they want acceptance and recognition from those who matter. I believe anyone and everyone can be passionate. Being passionate is not reserved for elite sports people or high profile achievers. It is part of those people's ethos and attitude to love life, have a goal and to pursue it. It might be to pay off their mortgage in five years or to lose 5 kilos. Anyone can be passionate! It's a choice that you can make, to be positive and excited about life.

Extract from:

**LIVING YOUR PASSION**  
*The 5 secrets to doing what you love  
and loving what you do*

**“ maintain your level of passion to love your life ??”**

Following is a list of some of the qualities I have witnessed and seen in passionate people as I have travelled around the world. Give yourself a tick if you are or have been in the past one or more of these qualities and characteristics:

- I am motivated
- I have a positive attitude
- I am focused
- I have healthy self esteem
- I have personal and professional oals
- I am developing myself personally and professionally
- I enjoy my life
- I have high self-image
- I am self-directed
- I work to a plan
- I don't procrastinate
- I have high energy levels
- I am enthusiastic
- I am happy
- I am solution orientated
- I have great self-confidence
- I have a love for life
- I have fun and don't take myself too seriously
- I laugh
- I connect with people at all levels
- I listen and absorb information
- I love what I do
- I help people
- I set a great example for others to follow
- I achieve and get things done
- I am balanced and level headed
- I have a great presence
- I make eye contact with people
- I am a thinker
- I am filled with joy
- I stand up for my values and principles



It does not matter how many ticks you have. What it proves in my mind, as it should in yours, is that you are, and you can be, whatever you choose to be. As you read this book, my goal is to give you the practical tools to maintain your level of passion to love your life and enjoy every part of it.