

# The Expert Says

How do you find your passion in life?

September 3, 2010 By [Kate Ferguson](#)

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How do you find your passion in life? Find out what makes you feel better about yourself and then follow your bliss, says Kirk Charles, a New Jersey-based life coach and author of *How to Unleash the Power Within*. And give thought to these questions:

## **What gets you out of bed in the morning?**

Whatever moves you to action qualifies. (Hint: It usually kicks you into high gear.) And, yes, for some people that includes making money.

## **How can you serve others?**

Some would say this is what life is all about. Certainly, a feeling of warm satisfaction comes from helping your fellow man.

## **What makes life exciting?**

This is something that gets your adrenaline pumping. Ever hear about being on a “natural high”? Who needs drugs to get there? Not you.

## **What is your gift?**

Although this has much to do with natural ability, you can develop skills. To plug into your passion, just make sure to use the gifts you’ve got.

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