

Week 45 Practice

Last week, we focused on creating space in your life to practice your passions, by quitting activities that are inconsistent with your most valued roles and inconsistent with who you've discovered yourself to be. This week, we are going to take the space created by quitting those activities and build some monotony into it. In other words, let's focus on building structure around the practice of your passions. Let's make a habit of them.

One of the most common things I tell couples in my therapy office is that they need to schedule time for communication. In our highly coordinated and programmed modern world, everything important goes on a calendar. The time gets blocked out for it. Set aside. I tell couples they need to give their communication the same level of priority. Put it on the calendar. Title it "Talk" and schedule it, for instance, from 6am to 7am Monday, Wednesday, and Friday, before waking the kids up for school.

This week, do the same thing for the things you're passionate about doing.

Decide where you can be orderly about your schedule so that you can carve out a regular, repetitive time and space for practicing your passion. Yes, you will want to fill that time with chocolate and television and Facebook. Resist this urge. Pay attention to the deeper things you want to fill it with. Also, resist the urge to do something extraordinary, something that will feel immediately meaningful. In the space created by what you quit, perhaps you will read a book you've been wanting to read. Or color a coloring book you've been wanting to color. Or see a friend you've been wanting to see. Whatever it is, be mindful of how it is connected to your long-buried passions.

In this way, your passion will become a habit, and your life will begin to reflect your commitment to those things which make you come most alive.