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3 Steps To Finding Your Calling

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Dr. Sharon Lamm-Hartman
Isaac Hernandez, 2009

Many of us have lost touch with our heartfelt desires and dreams. Are you ready to open to a world of new possibilities?

Have you ever asked yourself: *What is it that I am really here to do?* Whether you are out of a job, dislike your job, seek more fulfillment, or want to take your calling to the next level, it is a human need to know what you were born to do.

Your *passionate callingTM* is your most powerful way of adding value in our world by expressing your unique gifts and talents. When you know it, you feel more centered, fulfilled, satisfied and at peace. When you don't, you feel dissatisfied and perhaps even depressed. There has never been a greater time in history when you need to know your *passionate callingTM*.

With 11.1 million Americans out of work, a skyrocketing unemployment and home foreclosure rate, the threat of escalating conflict and climate change, is it any wonder anti-depressants are the most prescribed drugs in the United States, and job satisfaction is at the lowest level in two decades? Instead of sinking into despair in these challenging times, you can use the current challenges to wake up and discover and live your passionate calling. We each have a responsibility to make the deepest contribution we are capable of making.

Over the past 22 years, I've helped thousands of executives, entrepreneurs, retirees, students, professionals, and homemakers from around the world discover and live their passionate callings. Many of us have buried our heartfelt desires and dreams beneath desires for knowledge, achievements, "secure" job titles, or hectic lifestyles. We can't hear

our heart's wisdom as it practically screams for our attention. It is imperative that we re-connect with our hearts to re-discover our passionate calling and dreams, opening up a whole new world of possibilities for satisfaction, self-expression, peace and creativity.

I've developed a 9-step process to discover your *passionate calling*TM, structured around a nine-week program, the topics of which can be spelled in an acronym, O-P-E-N H-E-A-R-T. Below, I focus on Part I: Connecting to Your *Passionate Calling*TM and a shortened version of the first three steps.

“O” is for Open to Receive. We may hold subconscious beliefs that block us from hearing or receiving the wisdom of our hearts and all the good that wants to come to us. “Receive and we shall give” is a spiritual law which is seldom discussed in favor for the reverse “Give and you shall receive.” We must re-train ourselves that indeed it is okay to receive joy and abundance so we have more to give to our world and loved ones.

During this week, when you wake up and before you go to bed, put your hand over your heart, take a few deep breaths, and remember a joyful past memory. Fully experience that memory as if you were experiencing it for the first time, then shift your focus to the present moment and enjoy breathing – feel your breath going in and out and be grateful to be alive. Then take your attention to a joyful future experience you would like to have and visualize and feel yourself having that experience. Throughout the day affirm to yourself that you are open to receive all the good and abundance of the universe today and always. Once this week, choose something to do for at least 30 minutes that gives you great joy (e.g., hanging out at your favorite coffee shop, getting a massage, playing with your children).

“P” is the second week and stands for *Passionate Calling*TM. Here are just some of the questions you can ask yourself to get clearer on your unique calling: 1) What is one role I am most passionate about playing before I die? (e.g., writer, catalyst); 2) What is the one thing I most want to accomplish as I play my most passionate role? (e.g., invent a new product, write a best selling book); 3) What is the one thing I most want to change as I play my most passionate role? (e.g., promote fairness and justice, facilitate inner peace). Multiple times throughout the day look at the answers to the above three questions and see and feel yourself living and being it.

“E” stands for Energizing your *passionate calling*TM. This week create a dream page that visually represents what your life will look like when you are living your calling and your dream. You can do this electronically with innovative free software (see <http://www.photovisi.com/>) or physically with magazines, paints, and newspapers. Each day look at your dream page, see yourself living it and trust you will.

These are three abbreviated simple steps you can take to become clearer on your *passionate calling*TM. Connecting with it is the easy work—then comes taking the steps to eliminate blocks to living your calling. Enjoy the journey.

About Dr. Sharon Lamm-Hartman

Recently featured in the New York Times and O, The Oprah Magazine, Dr. Sharon Lamm-Hartman is an award-winning personal transformation expert. A global coach, educator and writer with over 22 years of consulting experience, Dr. Sharon holds a doctorate from and is an adjunct faculty member at Columbia University. Her groundbreaking work in leadership development and personal transformation received The Center for Creative Leadership's prestigious Walter Ulmer award. Dr. Sharon's signature program, The Heart's WayTM: Discovering Your Passionate Calling in 9 Weeks is offered in a tele-workshop series and is currently being made into a book. Dr. Sharon's coaching programs help people find more job satisfaction, gain more passion for their work, fulfillment from life, effectiveness in relationships and results from their leadership.

For more information, visit <http://www.insideoutlearninginc.com>

First published February 2010

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