The 7 Secrets of People Who Have Found Their Passions

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Abstract
A wide range of factors contribute to an individual’s success in life. This study presents 7 “secrets” seen in 10 individuals who have successfully made fulfilling connections with their passions. Torrance (1983) identified a direct link between individuals who discovered their passions and their creative productivity. The Appreciative Inquiry model (Cooperrider & Whitney, 2005) is used to garner a collection of stories and anecdotes. A questionnaire was developed using Rhodes’ (1961) 4P’s model. Secrets identified include: developing a comfort level with risk-taking, seeking out mentors in one’s life, developing one’s spiritual side, and practicing mindfulness.

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People who are single at heart live their best lives, their most meaningful lives, and their most authentic lives as single people. 6. Single people who do want to marry are wise about what marriage really means. They do not expect marrying to transform them into something they are not. A study of American marriages found that people who had been married more than three years were not any happier, they were not any less depressed, they were not healthier, and they had no higher self-esteem than when they were single. 7. They know what the purveyors of conventional wisdom do not – for many people, single life gets even better with age.