
Halftime Newsletter April 2011

I Can't Find a Compelling Passion for my Second Half

By Lloyd Reeb, author *The Second Half: Real stories, Real adventures, Real impact*

If passion is the fuel that drives us, and if it's an essential ingredient to a sustainable second half filled with meaning and impact, then ... what do you do if you cannot find your passion?

Few things in Halftime are as frustrating as reaching a point where you want more. You have the margin and health to pursue a second career or new adventure. You see others living in their sweet spot lost in 'something' bigger than themselves, but that 'something' is elusive for you. Strangely you are not alone. There are several reasons that many of us have this challenge.

- Faced with obligations and responsibility, we may have turned our 'dreamer' off decades ago. Finding our passion is about learning to listen to our heart, and we may need to relearn that skill.
- Our passion may be hidden in plain view – so we may simply need others around to help us see it.
- We may have been so focused on one niche that we have little exposure to the wide array of needs and opportunities out there.
- Our deepest passion may be around what we can bring to an issue or a cause rather than a specific cause itself.

Over the next few months I am going to use this column to provide four case studies that illustrate each of these obstacles along with ideas to help you move past them. If you see yourself in one of these case studies, I encourage you to invest an hour on the phone with a Halftime coach to leverage their expertise to move you deeper into discovering your passion.

Case Study #1 - I Turned My Dreamer Off

Story: One successful attorney told me she turned her 'dreamer' off when they had kids. She felt responsible for so many things that her own dreams had to go on hold. When she told me that she found she can't turn her dreamer back on in 15 minutes, it crystallized for me a common experience we have to retrain ourselves to listen to our heart.

Action: Read the USA Today or WSJ for a week cover to cover, NOT for information, but as you read it ask yourself, 'what makes me angry, sad or makes me want to tear the article out and go do something about it?' This simple exercise illustrates the process of learning to listen to our heart. We begin the journey to discover our passion when we let our heart break for something in this world that breaks God's heart.

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Follow the Blazes

By Bob Durfey

Halftime Director of Strategic Consulting

I enjoy hiking in the High Sierras and Olympic Mountains. I love the adventure of being drawn off the wide paths onto the less traveled trails. When I'm disoriented, I have learned to stop and look back the way I had come. Lining up the paint markers or blazes behind me points me toward trail indicators further ahead. My way ahead is clarified by the blazes behind me.

At Halftime it is a powerful exercise to pause and look back at the markers of our first half.

Alice Tsang, a former Wall Street analyst, found a passion from her childhood that helped set the direction for her life of serving others through education. At the height of our recent financial crisis, her heart was touched by stories of families losing their homes. Her belief is that the crisis is rooted in a lack of education. When Alice attended the Halftime Institute in 2009 she landed on the idea of an educational blog as a starting place. As she shared this idea and explored blog ideas, it led to a speaking invitation which linked her with other opportunities in education. Two years later, as blazes line up with her passion, Alice is launching into a full-time faculty position at one of the leading Christian Colleges in New England.

As you [listen to her story](#), look back at the trail markers in your life, and then write down how you feel they provide direction for your second half.