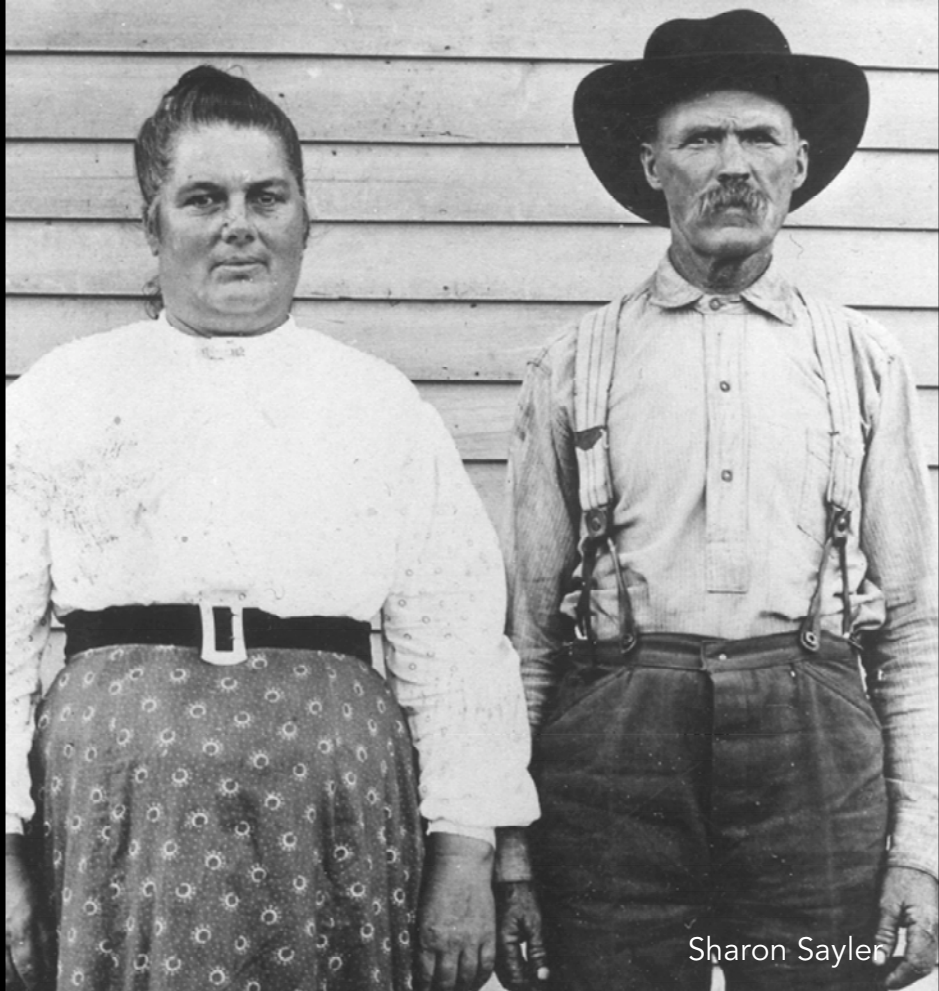


Life's Short. Live Passionately.



Sharon Saylor

Life's Short. Live Passionately.

ISBN 978-0-9818177-0-5

© 2008 by Sharon Saylor

All rights reserved. No part of this book shall be reproduced, stored in a retrieval system, or transmitted by any means, electronic, mechanical, photocopying, recording, or otherwise, without the written permission from the publisher. No liability is assumed with respect to the use of the information contained herein. Although every precaution has been taken at the time of publication and in the preparation of this book the publisher and authors assume no responsibility for errors, omissions or other interpretations of the subject matter. Neither is any liability assumed for damages resulting from the use of the information contained herein. The purpose of this book is to educate and entertain, and provide information on the subject matter covered. This book results from the experience of the author. If other assistance is required, the services of a competent professional in the desired field of study should be engaged. The purchaser or reader of this book assumes responsibility for the use of these materials and information which are not to be considered legal, spiritual or personal advice. The author is not responsible for any actions or results from the use of this book.

Life's short... you might as well

love what you do each and every moment...

“One can never find ‘oneself.’

One will only find what one believes they can become.”

~Sharon Sayler~

JURNEE PUBLISHING  
PO Box 19868, Portland, OR 97280  
support@livepassionatelysociety.com  
877.580.4962

We were all born with two amazing gifts:  
natural skills and the capacity to learn.  
“Life’s Short Live Passionately” is a collection of  
stories to acknowledge and guide your power  
within. Only within is where you gain the  
knowledge, clarity and focus to achieve your  
desired destiny and a life worth living.

Living passionately is not about mastering a set of  
skills. It is not something anyone can give you. It is  
already within you. By choosing to be effective in  
your actions and practice joy in all aspects of life  
—even the rain—you unlock all that you are  
passionate about.

Develop your special purposes that make you—  
YOU. Choose your moments, choose your days,  
choose your life. Life’s short, live it full of joy,  
courage, clarity and compassion. Seize the  
moment—and have a great time whatever  
your adventure.

Life’s short.

Live passionately.

“The purpose of life  
is a life of purpose.”

~Robert Byrne~

## Acknowledgments

*Appreciation and gratitude bring joy to me. Joy in being connected to life. Joy in the realization that there is a larger context in which my personal story continues to unfold. I have attempted to write many times. Without the love and encouragement of these outstanding individuals listed, this book would not have come about.*

*First and foremost, much love and appreciation to my sons, Adam and Jordan, to my parents, Don and LaMae; my sisters, Linda and Janene; their husbands, Lowell and Michael. And much appreciation to the unsung heroes of the group, my editors and friends, Lola Ready and Mary Yenik.*

*I have been blessed by many rich friendships. I am eternally grateful to all my “teachers” too numerous to mention (whether they know it or not) for their influence on me. It’s through their combined inspiration and encouragement that I am able to use my God-given talents. I acknowledge and thank a special few who have had a life-changing influence: Peter Bricca, Amethyst Marie Brown, Susan Byrd, Jim Dittmer, Andrew Finklestein, Michael and Gail Grinder, Matt Jensen, Vicki Joslyn, Joe King, Dave Parker, Don and Donna Pickens, Richard Quatier, Susan Rogers, Gerry Saylor, Joyce Sefton, and the cherished memory of Myrtle Madsen. To all who have touched me, taught me and entrusted me, I thank you. I stand on the shoulders of greatness. You have paved my way with joy, I am forever in your debt.*

# Contents

Preface . . . . .	1
<b>Passion and purpose are not the same . . . . .</b>	<b>7</b>
All we have is this moment . . . . .	9
Soul of an explorer . . . . .	13
Bumping up against “things” . . . . .	15
Familiarity doesn’t breed contempt. . . . .	17
<b>If I can do it, anybody can . . . . .</b>	<b>19</b>
Set your attention to an intention . . . . .	21
Four attributes of an intention . . . . .	23
ABCs of intention . . . . .	25
Goals . . . . .	27
<b>Will you know success? . . . . .</b>	<b>29</b>
Schedule your success . . . . .	31
Late for life? . . . . .	33
As time goes by . . . . .	35
Four keys to enough is enough . . . . .	37
I did what? . . . . .	39
<b>Step into your dream . . . . .</b>	<b>41</b>
Courage to share . . . . .	43
Nay-sayers . . . . .	45
The asset of anger . . . . .	47
Reward the positive . . . . .	49

<b>You are a work in progress.</b> . . . . .	<b>51</b>
It's always a choice . . . . .	53
Accept the past . . . . .	55
Abandon negative attachments . . . . .	57
<b>Perfection paralysis</b> . . . . .	<b>59</b>
The FEAR family . . . . .	61
Frozen in time . . . . .	63
Grace . . . . .	65
Getting what you want . . . . .	67
<b>You are what you believe</b> . . . . .	<b>69</b>
Crisis-de-jour . . . . .	71
Expectations and preferences . . . . .	73
Yours and mine . . . . .	75
Forgiveness . . . . .	77
What will the neighbors say? . . . . .	79
The accumulated ego . . . . .	81
<b>Choose your life.</b> . . . . .	<b>83</b>
Recreation . . . . .	85
Interconnections . . . . .	87
<b>Stretch your mind and imagination.</b> . . . . .	<b>89</b>
Practice joy . . . . .	91
Gratitude and appreciation . . . . .	93
Trust the old gut . . . . .	95
<b>The quick survival guide for living passionately</b> . . . . .	<b>97</b>
<b>Postscript</b> . . . . .	<b>98</b>

Life is as hard as you wish to make it.

Remember:

Perfection does not exist.

Setbacks will happen.

Everything takes longer than you thought.

## Preface

We are all here for the same purpose: to serve. It is in how we consciously choose to express our service that we find our purpose(s).

Living passionately isn't about believing, it's about Being. It is the enjoyment of all that life has to offer. Be grateful for both sadness and joy, for without sadness one would not understand joy.

Set mindful intentions for this moment, your day and your life. Through each passing moment of time, either consciously or unconsciously, we change. We can choose with each moment to be a new, more powerful being, ready to do greater things in the world. Find your explorer.

Enjoy this moment.

Live consciously.

Live courageously.

Live passionately.

“Each of us has two ends. One to sit with, one to think with. Success depends on which one you use; heads you win -- tails you lose.”

~Anonymous—humor and wisdom appreciated~

## Schedule your success

Make your plan simple and flexible. Listen to the guiding voice within. Be clear about your intentions and outcomes. Clear intentions lead to solid results. Intentionality drives creativity. Creativity drives results. Results drive outcomes.

Stay focused. Know that focus is not force. Do not force an outcome. Outcomes may arrive differently than we expect. Leave room for the unexpected to amaze you.

Quit tolerating mediocre. To attract the results you want, first, commit the time and space in your life. Set clear boundaries. If you no longer accept being dragged down by other people's behavior, you'll stop wasting time managing situations that are not yours. The "shoulda, woulda, coulda and what-ifs" of each situation usually revolve around blurred boundaries. Sometimes, we need to let go of situations or things that are not moving us in the direction we want to go.

“Save time to hug your kids. Pay attention to loved ones. The human bond is more important than the business bond. Friends are the ultimate value in life—slow down and ENJOY them.”

~Sharon Sayler~

## Late for life?

Sometimes, we get going so fast towards what we want, that we forget about the most important parts of our life, our loved ones. It is easy to fall into saying, “just as soon as...” and know that our loved ones will understand. A passionate life doesn’t work that way. It is the combination of our (work) position and our person.

Work-life (position vs. person) balance is not an oxymoron. Demands on your time change as your family, purposes and work life change. Balance doesn't mean doing everything. It means the continually rearrangement of priorities and appropriate boundaries. Be firm with what you want and can and cannot do. Only you can create harmony and happiness in your life.

Research has found that most happy people have strong ties to family and friends and that happy people live about nine years longer than unhappy people. Make time for friendships.

“If you don't know where you are going what  
does it matter which road you take?”

~Cheshire Cat to Alice facing a fork in the road~

## As time goes by

Spending time, just like spending money,  
once spent, its gone.

When I was just starting out in business, I did not really understand the strength and power behind well-formed intentions and outcomes. I did not know you create what you focus on... I stated to everyone that would listen that "I wanted to be busy." That was it. I knew what it meant to me, it meant I wanted clients and work. I forgot an important detail, while we got busy fast and grew, only my employees were making money, I had just bought myself a job...

One day, I walked into my office to find that my assistant, Susan, had put a large poster on the wall—right in front of my desk. "If you don't place any value on your time and work, NO ONE ELSE WILL." It is still on my office wall today, three desks and four offices later.

## Praise for Life's Short. Live Passionately.

Written straight from the heart, Sharon Sayler's "Life's Short. Live Passionately." invites us to know that within each of us is a life full of joy, success and passion. Your passion can change the world—but only when you make the choice to take action.

— Michael Port  
Author of *Book Yourself Solid* & *Beyond Booked Solid*

"Life's Short. Live Passionately." is a practical yet inspiring guide. A renaissance woman, Sharon has lived and taught others how to see beyond daily challenges and to live a life of choice, passion and joy. I know my world is better because of her wisdom.

—Michael Grinder  
Author of ten books, including *Charisma: The Art of Relationships* and a leading authority on non-verbal communication

---

## About the author



As a communications consultant and co-owner of Impression Engineers, Sharon Sayler works with business owners and executives to enhance their verbal and non-verbal skills to achieve their personal and professional goals. A sought-after speaker, Sharon teaches others to make conscious choices to create the life they want and deserve. Enjoy her e-zine/blog "Beyond Lip Service" at [livepassionatelysociety.com](http://livepassionatelysociety.com), it is filled with ideas to create your own personal version of a life worth living.

ISBN 978-0-9818177-0-5  
Life's Short. Live Passionately.  
© 2008 by Sharon Sayler  
[www.livepassionatelysociety.com](http://www.livepassionatelysociety.com)  
PO Box 19868  
Portland, Oregon 97280

ISBN: 978-0-9818177-0-5

