

Passion Quotient- The Greatest Secret to Success

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The world is moving beyond the parameters of Intelligence Quotient (IQ) and Emotional Quotient (EQ) in measuring individuals. The Passion Quotient (PQ) is gaining ground in the current world due to its closeness to measure people having high degree of creativity, innovativeness and leadership traits. PQ brings out best out of the ordinary. While cultured, PQ can be helpful in cultivation of passion and makes a person passionate about doing things more actively and responsively. This book helps in developing a matrix of passion, which an individual can effectively follow in order to set and achieve the goals in his/her professional, entrepreneurial and social life.

Key Concepts

Deep love for your work is called passion, which is the most important strength of human beings and sets apart great from the good ones. Therefore it is not the intelligent quotient (IQ), but your passion Quotient (PQ) that will take you to pinnacle of success. As field marshal Foch said "the most powerful weapon on earth is human soul on fire."

Human emotions cannot be measured accurately; PQ cannot be assigned a number or figure as in case of IQ. PQ is notional, indicative and representative in nature. Passion generates creativity and creativity needs passion. Passion can fire up that creative genius which all of us possess.

Introduction

Passion quotient is part of a formula put forth by renowned New York Times and Foreign Affairs columnist and triple Pulitzer Prize winning author, Thomas Friedman. According to Friedman, passion and curiosity are key components for education in a world where information is readily available to everyone and where global markets reward those who have learned how to learn and are self-motivated to learn. Friedman's proposed formula is Curiosity quotient plus Passion quotient is greater than Intelligent Quotient. Friedman states, "Give me the kid with a passion to learn and a curiosity to discover and I will take him or her over the less passionate kid with a huge IQ every day of the week." IQ "still matters, but CQ and PQ matter even more." Friedman further states that "it is more important to be passionate and curious than to be merely smart."

How do you measure PQ?

The litmus test for identifying your passion

- a) If it is your passion, it beckons you. A cricketer will be attracted to the pitch-If s/he sees a bunch of kids playing on the street, s/he will want to bowl a delivery or face one If it beckons you, it is passion.

- b) It gives you satisfaction
- c) It doesn't matter what problems are thrown your way, you will find satisfaction in that activity
- d) You will have absolutely no difficulty in learning the task
- e) Once someone teaches you something, you take to it like fish to water. A famous choreographer once mentioned that Madhuri Dixit was the easiest person to train. Why was that so? Because Madhuri was evidently passionate about dancing!
- f) You do it effortlessly
- g) If you are really passionate about something it doesn't take a lot of efforts for you to accomplish the task. Look at Sachin Tendulkar playing cricket or Mary Kom boxing, they make it look effortless.

How does passion help you to do better in life?

- a) It is a source of tremendous energy
Jackie Chan is a one man industry who writes, directs and acts in his film. He lives and breathes cinema all the time - because he loves it. Shah Rukh Khan is called a power house of energy because he is passionate about acting.
- b) Becomes your inner calling
Mother Teresa worked passionately for the poor because she 'felt' for the poor and the sick. Such people work selflessly and look for no financial rewards. Many young people leave their well-paid jobs to start a meaningful NGO. The bottom line is they want to do it.
- c) Makes you walk that extra mile
It lets you perform and deliver beyond your ordinary capacity. Since you love it, it comes naturally to you. "Helps you identify your Goal Passion has been instilled in us by nature to remain 'on track'- like an inner compass. It gradually pushes you to be what you ought to be.

Passion, potential purpose and perseverance

There are several cricketers and boxers who haven't reached the heights of Tendulkar and Kom. Does it mean they were less passionate than the two stars? Having passion and having potential go hand in hand. If you are passionate about something, you will naturally have the potential to do it. But know that isn't enough. If it is unable to give your life a purpose, if you are unable to persevere like these achievers did, all your passion and potential comes to naught. Know that without perseverance none of anything matters.

- Stay hungry but don't be foolish
If you are considering a shift in your career, don't just jump into it! Test the waters first. If you want to be a photographer, try selling a few prints. If you want to be an author, try getting your work published. Work hard; strive; put everything you have in it but don't give up your job until you know you can make it. Do a 'test drive'. Don't jump simply because you think you are passionate about it.
- Have a safety net
If you need to survive in this world, you ought to acquire good qualifications. Because if your passion doesn't help you earn a square meal, you always have a decent job to go back to. There is no shame in having a safety net.

- Keep the flame on

In times of EMIs and home loans, you cannot throw caution to the wind. But that shouldn't mean you give up your dream. Don't let the flame die; keep chipping at what you are passionate about every day for some time. It will not only keep you sane but also help you be in touch with what you love.

- a) Age is no bar

Know that you can discover your passion when you're 20 or even 60. Keep looking for it; you never know when you will find it.

- b) Be passionate but not obsessive

There is a thin line between being passionate and being obsessive. If you get obsessed, you will lose your sense of balance. Learn to walk that line; learn to strike a balance. Most importantly, learn to disconnect.

Practical Session

Exploring passion through creativity

This highly creative representational approach to self-expression/introduction is far more liberating, stimulating and engaging than verbal methods such as conventional verbal self-introduction, or interviewing each other, which are commonly used in group introductions. If using the activity to explore issues of mutual awareness, strengths, life-aims, Johari Window, or personality, etc., then allow more time for the creative stage (5 mins at least) and an average of at least 2 mins per person for the review/discussion (plus 5 mins if Option 2 preparation). In this 'bigger exercise' situation it's important not to cut people off if they begin to release tensions and want to expose important feelings and thoughts, etc. This gives a total time of at least 20-25 minutes for a group of eight people.

Preparation:

Option 1 - The facilitator must prepare a big box of 'bits and pieces' from which each delegate can select/assemble/combine a creative symbolic representation of him/herself. What the facilitator puts into the box can be very random indeed, for example:

- magazines with lots of pictures
- pairs of scissors
- nuts and bolts, and other small mechanical components
- small children's toys (especially models, tools, and symbolic items)
- playing cards
- coins
- junk from the kitchen drawer
- pebbles, fir cones, conkers, and other 'natural' things
- modeling clay
- paper, pens, pencils
- sticky tape, string, stapler, fixings
- takeaway menus
- cloth, ribbon

- small electrical components
- other random symbolic things

This list is not fixed or complete - it's just examples. Resist guessing what the delegates will find interesting - be as random and adventurous as you can be in compiling the box contents. Remember - and emphasise - that the exercise is symbolic. To avoid a rugby scrum spread contents of the box of bits on a table to make it easier for people to look and select.

Option 2 - Alternatively (less dynamic, but virtually zero preparation for facilitator) this method does not require a prepared 'box of bits and pieces'. Instead ask the delegates to draw or write 5-10 things on separate pieces of card (or paper) - about postcard size - and these cards, put into a central pool, or ideally tacked to a wall, or spread on the floor/table, will collectively equate to the 'box of bits and pieces'. Ensure cards can be clearly understood. Make available extra blank cards and pens for delegates who need them in the next creative representational stage. In prompting delegates what to draw/write, describe these things as: "symbols of what's important in life", or similar. This option 2 of the exercise produces a slightly different activity compared with Option 1, but in essence the process and methods and possible outcomes are the same.

Creative representational stage - Ask delegates each to use whatever bits and pieces they want to create a symbolic representation of him/herself. Depending on the context/aims of the session, the facilitator can give guidance as to whether this representation is of 'self', 'dreams', 'strengths', 'challenges', - or whatever suits the group development purpose. This flexibility applies to using the activity for simple personal introductions or as a bigger exercise. Or the facilitator may choose to leave the nature of self-expression completely open to the delegates' interpretation.

Review - This next stage is for delegates to present themselves ("This is me") using their creative representations. Depending on your precise purpose of the activity, control timings tightly if the exercise is for a simple personal introductions session, or allow more time for explanations and discussion if there is a wider purpose. Consider that the nature of the exercise is liberating and may cause delegates to 'open up' more than happens in conventional verbal introductions. If serious issues emerge then make a note of them, make a time to return to them, and deal with them later, individually or in the group, as appropriate.

The method of presentation is flexible - most obviously it can be on a table-top, or by tacking cards to a wall. You can ask that people take turns to present/explain themselves/their representations to the group, or for very large groups encourage more casual walking around and discussing with each other what the representations mean.

There is no right or wrong answers. A perfectly acceptable representation would be merely to hold up a single nut or bolt, and say "I am an engineer." Alternatively if a delegate chooses to create a 3D model of Africa, or a street, a school, a zoo, a hobby, a holiday, a garden shed, or the Starship Enterprise (subject to available time and materials) then any of this is perfectly fine too. It's about liberating and sharing people's self-expression, followed by whatever suits your session aims.

1. Activity Corner - Lessons Learnt

- i) Who put forth the PQ in terms of an equation?
- ii) How do you measure PQ?
- iii) How does passion help you to do better in life?