



Find Your Passion: October is Everything Awareness Month

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If you are looking for a cause to be passionate about, chances are you will find something during the month of October. From my limited research, it appears October is hands down, the most aware month to celebrate.

The month of October is home to Bullying Prevention Awareness, Down Syndrome Awareness, Rett Syndrome Awareness, Selective Mutism Awareness, Spina Bifida Awareness, Dyslexia Awareness, AIDS Awareness, Breast Cancer Awareness, Campaign for Healthier Babies, Dental Hygiene Awareness, and Disability Employment Month, just to name a few. Outside of the disability and health field is another list of awareness from Adopt a Shelter Dog to Vegetarian Awareness.

Why should you care? The world needs helping hearts and hands to improve the quality-of-life and there are many who give selflessly to altruistic activities. Whether we donate our time, money or talent, the ultimate goal is to make an impact in the world around us. With many viable causes in need of support, caring individuals can choose from a long list of causes they are most passionate about and most relevant to themselves and their communities.

As much as we think disabilities are a huge issue, they don't stack up against global issues like access to clean water, sanitation, extreme poverty, diseases and child mortality. Over 50% of individual donations are going toward these types of global issues.

What can you do? You can step up and claim your passion. Being part of a caring society includes helping those less fortunate through your time, money or talent. Find your passion, get involved in some way, and sit back and enjoy that awesome feeling you get after you do something selflessly.

Don't forget to get your family involved, especially your kids. Kids learn from their parents. Help your child develop a sense of caring and compassion for others. Research shows children can show signs of empathy and concern from a very young age. They react when they see unhappiness, wanting to help or fix the problem.

Challenge yourself for the month of October to find your passionate. If you already know your passionate—then see how you can donate your time, money or talent to that passion!