

## **LAW 3: Passion – Do everything with passion, or not at all!**

**Explanation of Law:** Passion is an overwhelming or strong feeling about something. As a Storm Team member having passion for Jiu Jitsu and being passionate about teaching is very important to possess.

**Effects of Law:** If you aren't excited to train or develop skills in life than you will not accomplish anything. Having a passionate teammate who cares to improve and bring their best each day is important to growing and developing talents. WHY? Because you will need that overwhelming excitement and passion to destroy any challenges you will face. Growing, learning, and improving is done through failing. And if you aren't truly passionate about a goal, task, idea, etc. then you will not have the ability to get back up to try and work again after you fail. It won't "be worth it" to you. Passion is the spark that ignites habits, which will create talent and skill. If you showed up everyday to train and your teammate was never happy to be there or never tried hard when rolling, how would that make you feel to be around them? Not good and probably disappointed. Because then it's harder to grow. And if you cannot grow than you will not be happy. And we all want to be happy. :)

### **Examples of Law:**

1. Showing up with a positive, high-energy attitude; because why would you waste your time going to something that's not going to benefit you or your team.
2. In class you are focused and give everything you have to learning and growing. Either in training for BJJ, school or relationships, you should try your best.
3. Showing you are passionate makes others around you want to be passionate. It works in a cycle because then you want to stay passionate because you see others doing their passion.
4. One the the best ways to show passion is working really really hard on/in your passion. Growing and improving as a person through your passion.
5. Not giving up once you fail.
6. Write down all your passions and what you love about them. Then write how you can improve each one and what that will feel like as you improve. This will give your passion more meaning to you and you'll understand where to focus your time on your different passions as well.
7. Trying different hobbies or types of interests can help you find a passion.

**Ninja Tip:** Being able to get yourself excited about your passion is KEY when you are having a "blah" or upsetting day and feel like not trying anymore. Also you need to bring that passion to class with you so others see how excited you are about the wins and losses of training. They will feed off of it and will want to be like you which will make them stay and keep working hard.

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**Law Training:** For 10 minutes each member will write down what BJJ means to them and all the benefits. After, you will spend the next 10 minutes standing up and telling us what they wrote but with passion. You **MUST** give your speech with as much passion as possible, which hopefully should be easy because you LOVE Brazilian Jiu Jitsu!!

**Conclusion:** Although you can have many different passions, and you should, understanding the difference between a hobby and a passion is important. A hobby is something you can try and then forget about. A passion is something you want to do each day no matter how good you are at it when you first start. Passion will make you unstoppable but you need to work at keeping it alive.