



When you follow your bliss...doors will open where you would not have thought there would be doors; and where there wouldn't be a door for anyone else. ~ Joseph Campbell

Your Passions get to the very purpose of your life, which is to grow and evolve toward fulfillment. They are your inner calling. When you are progressing and evolving then you experience happiness, vitality and well-being. Your passions will draw you naturally along your path because you find happiness, joy and nourishment in those activities.

So, if you are not pursuing our passions, you are not going to be happy for long. When you are clear of your top 5 passions and put your attention on them, your pursuit of them will feel natural and effortless.

When you are aligned with your passions you will feel expanded and turned on. Passions are about how you live your life and what matters the most to you at this time. They are not goals which are about what you choose to create in your life.



# The Passion Test Instructions.

1. Close your eyes and picture yourself being, having and doing what matters the most to you now. Everything is possible, don't hold anything back. Think Big and from your heart.

***Need help?*** *What would you do daily if you had no fear? What would you be excited to get up every morning for? What did you dream about doing, having or being in middle school? Look at all areas of your life: health, finances, personal environment, relationships, career, fun, family, and spiritually.*

2. Now write 10- 15 of the most important things you can think of which would give you a life of joy, passion and fulfillment. Begin each passion statement with a verb relating to being, doing or having which completes the sentence: When my life is exciting/ideal, I am: \_\_\_\_\_

***Examples:*** *I am living each day with gratitude for my time with my family. I am running a successful business helping people in Africa open schools for girls. I am in excellent health mentally, physically and spiritually.*

During your Passion Test Session, we will be spending some time on these, so don't worry if you can't get it perfectly. I will help you express it. Have Fun and come from your heart not your head!

Please e-mail me your list before our meeting so I can review it before our session to save time.

Wear comfortable clothes and eat before so you are not hungry (distracted) during our session.

Any questions please feel free to call. Make sure you set up your appointment by calling (805) 883-8598

Marilyn O'Malley, CPCC