

## The Passion Test Instructions

*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*

**Our Passions get to the very purpose of our life, which is to grow and evolve toward fulfillment.** They are our inner calling. When we are progressing and evolving then we experience happiness, vitality and well-being. Our passions will draw us naturally along our path because we find happiness, joy and nourishment in those activities. So, if we are not pursuing our passions, we are not going to be happy for long.

When we are clear of our top 5 passions and put our attention on them, our 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.

### Instructions:

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.

**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.

We will be spending some time on these so don't worry if you can't get it just like you want I will help you express it.

**Have Fun and come from your heart not your head!**

**Please email me your list before our meeting** so I can review it before our session to save time.

The Passion Test takes between 2-3 hours. Wear comfortable clothes and eat before so you are not hungry (distracting) during our session.

Any questions please feel free to call. 805 275-4153

Thank You,

Look forward to creating with you!

Marilyn O'Malley, CPCC 805 275-4153

[coachmarilyn1@gmail.com](mailto:coachmarilyn1@gmail.com) [www.The-Passion-Test-Coach.com](http://www.The-Passion-Test-Coach.com) [www.MarilynOMalley.com](http://www.MarilynOMalley.com)