

Passion Quest

Every day this week, try to do something that you love, that is fun, that you feel compelled to do. This may require you to say no to some of the tasks and invitations that leave you uninspired. This is an excellent practice for making room for new dreams. Say “yes” where you say “no” and “no” where you say “yes.” Take a risk, step outside the box, push the envelope. Do something you have never done. And do something you do that you truly enjoy.

The goal here is to uncover something about yourself, something new perhaps, or something forgotten. Don’t assume you know. As a matter of fact, assume you don’t know and play detective for a week. And if you love this exercise, you certainly don’t have to limit it to a week. Turning this into a personal practice will be the very thing that flips your switch and creates a passionate life for you, beginning right now!

<i>List the things you are passionate about and chart them on the Passion Scale.</i>	Red Hot	Turned On	Excited	Very Interested	Interested	Some Possibility	No Interest