

MAY, 2020

Discover Your Passion

SUN	MON	TUES	WED	THURS	FRI	SAT
31 Connect the dots.. What themes surfaced from answering these questions? What did you learn about your passions?					1 <i>Passion is energy. Feel the power that comes from focusing on what excites you.</i> - Oprah Winfrey	2 List the things that get you out of your head
3 This week, record your feel-good moments to identify the positive pulls on your life	4 <i>You were born with everything you need to answer the call of your soul.</i> - Marie Forleo	5 Ask the people who know you the best when you seem the happiest and what you do the most naturally & enthusiastically	6 Flip through a community course catalog. Which courses would you sign up for? Which courses would you like to teach?	7 <i>I would rather die of passion than of boredom.</i> - Van Gogh	8 Flip through photo albums, journals, and sketch books.. What is true about your younger self?	9 Amidst the current uncertainty, what is trying to emerge in your life right now?
10 This week, list the compliments and encouragement you are given	11 How can you use your strengths TODAY to help someone struggling during this uncertain time?	12 What's a problem in the world you'd love to fix?	13 <i>Go do what makes you come alive because what the world needs is people who have come alive.</i> - Howard Thurman	14 You have been granted a day free of all responsibilities.. How will you spend your time?	15 What did you love to do as a kid?	16 Create a list of 20 experiences you want to have before you turn __ <fill in the age>
17 This week list the things, people, and experiences you want to say YES to	18 <i>No matter how small you start, start something that matters.</i> - Brendon Burchard	19 List the best choices you have made in your life so far	20 What are the top 3 peak experiences in your life? What do they have in common?	21 What would you do if you knew you couldn't fail?	22 <i>Don't let perfection become procrastination. Do it now!</i> - Danielle LaPorte	23 Start a vision board.. Pinterest board, magazine cutouts taped to your closet door.. Doesn't matter.. Just start one
24 This week list moments you find yourself in 'a state of flow'	25 <i>Say YES to whatever is going to give you more time, more space, more freedom to find your Center?</i> - Rachel Hollis	26 What is the most rewarding thing you've ever done for somebody else? Why was it rewarding?	27 <i>Most people fail in life because they major in minor things.</i> - Tony Robbins	28 What can you talk about for hours, and by talking about it you light up?	29 <i>Make each day your masterpiece.</i> - John Wooden	30 Write a paragraph about how you would like to be remembered. For inspiration, visit, http://www.nytimes.com/pages/national/portraits/index.html