

FIND YOUR LIGHT

THINGS I ENJOYED AS A CHILD

OFTEN WE GIVE UP THE THINGS THAT BROUGHT US THE MOST JOY.
WHAT YOU USED TO "PLAY" CAN OFTEN GIVE HINTS TO YOUR
PASSION! HOW CAN YOU TRANSLATE THOSE POSITIVE MEMORIES
INTO ADULT PASSIONS?
EXAMPLE: BUILDING LEGOS AS A CHILD- MODEL AIRPLANES NOW

WHO INSPIRES ME?

WHO HAS WHAT YOU WANT? WHAT DID IT TAKE THEM TO GET THERE? RESEARCH THEIR
LIVES OR ASK THEM!

COMMITMENT TO PASSION:

I WILL SPEND _ HOURS A WEEK
ON THINGS THAT LIGHT ME UP.

NOW, SCHEDULE IT! TAKE THE STEP TO MAKE TIME FOR YOUR PASSION,
EVEN THOUGH IT'S NOT YOUR FULL TIME JOB (YET)

CREATIVE TASK CHECKLIST:

- _ FIND A PLACE THAT INSPIRES ME
- _ DRAW MY DREAM HOME
- _ WRITE ABOUT YOUR BEST DAY EVER
- _ FIND AN EXERCISE YOU LOVE (AND DO IT)
- _ CREATE AN ALTER EGO
- _ MAKE A LIST OF 100 THINGS YOU LOVE
(USE THESE TO MAKE YOUR PASSION BOARD)

PASSION BOARD:

SPEND MONDAY-SATURDAY DOING THE TASKS ON THIS WORKSHEET. ON SUNDAY,
USE THE MATERIALS AND IDEAS TO CREATE A VISUAL BOARD THAT REPRESENTS YOUR
LIGHT. DRAW PICTURES, CUT THEM OUT, CREATE A BOARD ON PINTEREST- THE
MEDIUM IS UP TO YOU. IT'S GOT TO BE VISUAL, AND IT'S GOT TO BE SOMETHING
YOU WILL SEE DAILY!

