

PASSION PROPELS ME FORWARD.

Passion drives me to make progress. *Aligning my actions with my passion gives me more energy.* I feel enthusiastic about everything that I do.

I become more deeply committed. I am resilient in the face of challenges.

Feeling fulfilled is the greatest reward that I receive from living a passionate life. *My happiness and contentment comes from sources that are more stable than money or praise.* I learn and gain insights. I develop a sense of accomplishment. I take satisfaction in serving others.

I focus on activities that give me a sense of flow. I lose myself in what I do. Everything seems more effortless. I become fully involved.

My passion moves me forward with emotional connections. I open my heart and view others with compassion. I reach out to people and give them my undivided attention. I put myself in their position and express my gratitude for their kindness.

When my spirits are low, I look beyond my emotions and use my powers of reason to reignite my passion.

I appreciate both the process and the outcomes.

Preparing nutritious food helps me to stay healthy. I also enjoy the textures, aromas, and tastes of fresh vegetables and whole grains.

Today, I tap into my passion and devote myself to meaningful activities that make my dreams a reality.

SELF-REFLECTION QUESTIONS:

1. What kinds of situations spark my creativity?
2. What are three new activities I want to try?
3. Why is it important for me to recognize that passion exists inside of me rather than seeking it in external sources?