

5 P'S TO PURPOSEFUL LIVING

Wake up to your own life

THE POWER OF PASSION

A guide to find and live your purpose

"Follow your bliss and it will lead you to your passion"

-Sara

We are all born with a unique passion or passions; something that makes our hearts jump, a cause that we believe in, something we are naturally good at. We are all talented in something whether it's cooking, writing, exercising, listening, researching, etc.

So, the question is NOT: Will I ever find my passion?

The question is: How can I start finding the passion I already have within me now?

This guide will help you do exactly that... find your passion and follow it!

#	Find your passion journaling questions
- 1-	What am I naturally good at?
- 2-	What do I enjoy doing?
- 3-	What am I usually doing when I feel that time passed by so quickly?
- 4-	What books usually attract me? (The main theme of topics you usually like to read about)
- 5-	What do I find myself talking about a lot?
- 6-	What kind of pages do I mostly follow on social media?
- 7-	What gets me excited?

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- 8-	What do I enjoy learning about?
- 9-	What do I mostly research on google?
- 10-	What videos do I usually enjoy watching, whether on YouTube or social media?
- 11-	What topics do I usually enjoy watching documentaries about? (If you watch them, if not that's totally OKAY!)
- 12-	Who do I admire the most? And what is it that they do?
- 13-	If I had all the money in the world, what would I still choose to do?
- 14-	If you have one wish and it's to be a master at anything you choose, what would you choose to be a master in?
-15-	What am I usually doing when I feel so good about myself?

- △ Review your answers and write down what points are in common between all of them.
- △ Choose the top 2 things that excite you from what you wrote down.
- △ From today, start focusing on them and invest more of your time in them. (Read about them, take a course, practice doing them daily, etc.)

Enjoy and watch the feeling of passion grow in your life.

“Follow what feels good in the moment, every moment, and it will lead you through a most excellent life.” – Jen Sincero