The Passion Test Virtual Group Workshop

Session 1 Guide
Session 1: Identify Your Passions and Rediscover What is Most Important to You

In this session, you will learn the first part of the Passion Test process by Janet Bray Attwood and Chris Attwood that will help you to easily and effortlessly identify your passions. Specifically you will:

- Identify your unique passions (even if you don’t know how they will ever be a reality in your life)
- Explore the key to living a passionate life, and get clarity about what is most important to you
- Learn the Passion Test formula so you can have what you REALLY want in your life
- Discover how to become a beacon to call in your passionate life
Session 1: Your Passions and Priorities

Setting Your Intentions

You are powerful – what you believe, you create. The world is created first within us, then on the outside. If you believe that you must work hard to get ahead, then you will have to work very hard to get ahead. If you believe that you must have money to follow your passions, then you will need money before you can enjoy your life. If you believe you can create your world from your clear intentions, then you will.

If you want to see how powerful you are, look at your life. It is the expression of all the beliefs you have held until now. The good news is: If you don’t like the movie, you can change it.

There are only 3 obstacles to living a fulfilled, passionate life:

- False beliefs
- False ideas
- False concepts

Now we are going to get intentional about what we want and as you become more clear, you will start to root out any beliefs that could hold you back.

Today you will begin the process of gaining clarity about what is most important to you in your life. You will take the first, most important step in creating anything you choose to have in your life. Today, you will begin to set your intentions for what you want to experience and create in your life.

Creating Your Passion List

1) Spend some time thinking of as many things as you can which are deeply important to you in your life. As you consider the things that are important to you, think of all the different areas of your life, including: relationships, health, career, finances, spiritual life, the kind of environment you choose to live or spend time in, the kind of people you like to work with, etc.

2) Then, make a list, writing it in such a way that you are completing the sentence: "When my life is ideal, I am________"
3) Write your statements in the positive, in the present tense, and concisely (5-7 words)

4) Your list should have at least 10 items, and can be as long as you have things which you care deeply about.

5) Include both things that you may presently have in your life that are important to you, as well as things which you have not yet created in your life.

6) Don’t be shy about your list, or put things on there that you think your partner or kids think should be on there. The power is in the clarity, and to be clear, you have to be real and honest. This is a “no judgment zone”!

* Use the sheet on the following page to record your passions.
“When you are clear, what you choose to show up in your life will, but only to the extent that you are clear.”

– Janet Bray Attwood and Chris Attwood

Creating Your Passion List

List 10 things which will make your life and your work ideal – with these accomplished you will feel fulfilled and complete. Complete the sentence,

“When my life is ideal I am ____________________”

1. __________________________________________
2. __________________________________________
3. __________________________________________
4. __________________________________________
5. __________________________________________
6. __________________________________________
7. __________________________________________
8. __________________________________________
9. __________________________________________
10. _________________________________________
Taking The Passion Test

(KEY)

“notes in italics/ quotation marks” is suggested scripting
□ = symbol which indicates a ‘pause’ for a response to a question
* always read out in full their complete passions for each question, don’t refer to them just as numbers

If there is a long pause or you are stuck, go to the next question….

1. First Question: “Which is more important #1* or #2*?” □

2. Second Question: “If you can have passion #1*, but never have passion #2*, or you could have passion #2*, but never have passion #1.* Which matters most?” □

3. Third Question: “Close your eyes, imagine living passion #1* at a 10. Notice that passion #2* is nowhere in that picture. Notice how that feels. □ “Now, set that passion aside, and imagine living passion #2* at a 10. Notice that passion #1* is nowhere in that picture. Notice how that feels. “Which FEELS better?” □

NOTE: To make the 3rd question most effective, use all of your senses as you imagine living each passion as a 10. What does it feel like, what are people saying, what are the smells, the tastes, they’re experiencing, what do they see? Create as vivid a picture of what that looks like as possible.

Go through this questioning process, going through your passion list five times until you have prioritized your top five passions. Read them back to yourself.

Example of Questioning Process (i.e., Passion Test)

Sample Passion List

(For the purposes of this example, I have only listed 5 passions here. You will have at least 10!)

When my life is ideal, I am…

1. Living in my dream home in the mountains
2. Having a deeply spiritual relationship with my soul mate
3. Raising my children to be confident in their unique gifts and free to express them
4. Financially free
5. In a career where I am richly contributing to the lives of others

“Which is more important #1 Living in my dream home in the mountains or #2 Having a deeply spiritual relationship with my soul mate?”

Choice: Having a deeply spiritual relationship with my soul mate.

“Which is more important #2 Having a deeply spiritual relationship with my soul mate or #3 Raising my children to be confident in their unique gifts and free to express them?”

Choice: Having a deeply spiritual relationship with my soul mate.

“Which is more important #2 Having a deeply spiritual relationship with my soul mate or #4 Being financially free?”

Choice: Being financially free

“Which is more important #4 Being financially free or #5 In a career where I am richly contributing to the lives of others?”

Choice: Being financially free

So “Financially free” is your #1 passion. Then, go back through the list, asking the questions for the remaining 4 passions (omitting the Financially free passion since we’ve already determined that it is your #1 passion. Do this until you have your #2, #3, #4, and #5 passions. Note: Some of your passions will not make the top 5!

After completing the Passion Test, list your top 5 passions below:

1. ____________________________________________________________

2. ____________________________________________________________

3. ____________________________________________________________

4. ____________________________________________________________

5. ____________________________________________________________
Clarity does not come all at once. It is a process. The Passion Test supports the process of gaining clarity by forcing us to choose what really means the most to us. Then, it gives us a simple barometer in our top 5 passions against which to measure every choice we make in our lives.

It is the process of taking the Passion Test, then taking action and living our lives, which results in increasing clarity. After each taking of the Passion Test and seeing the results of living life aligned with your top 5 passions list, you get clearer. This is why it is so important for people to take the Passion Test regularly. Many people find it valuable to take the Test every few days or weeks, especially in the beginning; each time they go through the process, they learn more about themselves.

We suggest everyone take the Passion Test every six months.

While the things that appear in your life after taking the Passion Test and gaining greater clarity often appear magical, living life aligned with your passions is not a passive process.

Having completed the entire Passion Test process, it is critical to begin taking action in whatever direction feels like it will move you toward living your passions more completely.

Then, the key is to stay open to the way life shows up. Because it will always be different than we think it will. When we are open to the way our life is appearing, and are willing to let go of the way we think it should be, then we let go of our will and surrender to God’s will. When we do that, the results will always be better than anything we can imagine.

The Powerful Passion Test Formula for Creating Anything You Want in Your Life:

**Intention**

Intention is consciously stating what you choose to create in your life, and this is the first step to manifesting it. This is where the clarity comes in. Remember “When you are clear, what you want will show up in your life, and only to the extent you are clear.”
**Attention**

Your life becomes like that on which you put your attention. Give attention to that which you choose to create in your life, and it will begin to show up. Action engages attention. You should probably write that down! **Action Engages Attention**. You are powerful. Where are you putting your attention? Is it on what you choose to create or the things you don’t want to have happen?

**No Tension**

When you are open to what is appearing in this moment, you allow God’s will to move through you. When you hold tightly to your concepts of how things should be, you shut off the flow of life, which in turn prevents you from enjoying the fulfillment of living your personal destiny.

There are two aspects to No Tension. The first is to act from that place of “no tension”, the place of peace and calm that all of us have inside. When we act from that place, then our actions are the most powerful and create the desired results.

The second aspect is to do all you can think of to do, and then let go. When you are open to what is appearing now, you open yourself up to God’s will to move through you, based on what you want. This is your “how”.

By releasing your attachment to any particular outcome, you create the opportunity for “this or something better”. After you’ve stuck like lightening in all directions….surrender. Letting go creates a vacuum for all the people, the places, and the things to show up for synchronicity to occur.

**So, the Passion Test Formula for creating ANYTHING you want in life is:**

Intention, Attention, No Tension
Creating Your Passion Cards

**My Passion Test**

by _________________________ Date: ___/___/___

When my life is ideal, I am:

1. _____________________________________
2. _____________________________________
3. _____________________________________
4. _____________________________________
5. _____________________________________

This or something better!!

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**My Passion Test**

by _________________________ Date: ___/___/___

When my life is ideal, I am:

1. _____________________________________
2. _____________________________________
3. _____________________________________
4. _____________________________________
5. _____________________________________

This or something better!!