The Passion Test Virtual Group Workshop

Session 2 Guide
Session 2: Create Your Personal Passion Roadmap (Markers) to Success

In this session, you will go through the second part of the Passion Test process. Specifically, you will:

- Learn how to transform your focus so your passions guide you (rather than being driven by your circumstances)
- Unleash the process to kick-start you on your way to living your passions (the evidence will start showing up immediately once you do this!)
- Create your passion roadmap (markers)
- Learn the key to your focus, inspiration, and confidence
Session 2: Create Your Personal Passion Roadmap (Markers) to Success

Scoring Your Passions

Let’s gauge how closely you are living your top 5 passions today. Rate your top 5 passions on a scale from 0-10, where 10 means you’re living that passion completely, and 0 means that passion is nowhere in your life today.

1. _____ 2. _____ 3. _____ 4. _____ 5. _____

The higher scores mean you’ve been giving that passion a lot of attention. The lower scores mean you’ve been giving that passion little to no attention or putting your attention on the wrong things.

So, looking at your scores....what needs more of your attention? Write these things in the space below:

Now, if you have a low score on one of your passions and you think you’ve been giving it a lot of attention, look at where you have really been putting your attention; are you giving attention to what is going right about that passion, or are you giving attention to your worries, or to what might not happen or lacking with that passion?

Sometimes we give our attention to the lack of having something in our life, rather than the positive side of that thing. So by scoring your passions and really looking at what that is telling you, it will give you clues about what you can change so that you can live that passion more fully in your life.
Markers

Markers are signposts or evidence that will help you know when you are living your passions.

It is with your markers that you make sure everything important to you is included. Often, you will find that some of the passions that didn’t make your top 5, actually make really good markers for one of your top 5 passions.

Markers are not goals in the sense that you are working hard to achieve them (although you may take steps to help them come about); they are milestones along the way, and a focus for your attention to create your passions in your life.

We create these markers because more clarity is created when your passions are measurable and/or observable. Markers help with this.

Now here is the most important thing to keep in mind when you create your markers....be audacious, reach for the stars, think really big! Was Pankaj Naram thinking big when, as a complete failure, in his words, he said that Mother Theresa would acknowledge his work and he would take the pulse of the Dalai Lama? Absolutely!

Here’s the thing....we can have everything we want, no matter or big or how small. So here is your opportunity to think big, just like Pankaj Naram did. You can’t actually think too big here!

Markers Example

Example 1

Passion: I am living in the moment and trusting my intuition.
Markers:

1) I am fully present with each person I meet and with whom I spend time
2) I experience every day as perfect, and the days seem to flow effortlessly
3) I have a clear internal sense about what action is the best for me at every moment
4) Others remark on my confidence and how wonderful it is to be around me

Example 2

Passion: I am a conscious parent.

Markers:

1) I speak calmly and compassionately to my child
2) I am mindful of my words and actions
3) People compliment me on my parenting style
4) My children are responsible, self-confident, caring, autonomous human beings

Example 3

Passion: I am a world-renowned concert pianist.

Markers:

1) I have performed for heads of state all over the world
2) I have performed with the New York Philharmonic orchestra
3) I have my own television special
4) I earn over $1 million a year from my performances

Writing Your Markers

Now it’s your turn. Start with your first passion. Write your passion down. Then, think of 3-5 markers that will be present when you are fully living this passion...living it at a 10.

Complete this process for all 5 of your passions. And remember...think BIG!
Passion #1:

Markers:

1.

2.

3.

4.

5.

Passion #2:

Markers:

1.

2.

3.

4.

5.

Passion #3:
Markers:

1.

2.

3.

4.

5.

Passion #4:

Markers:

1.

2.

3.

4.

5.

Passion #5:

Markers:
1.

2.

3.

4.

5.

**Allowing Your Passions to Materialize – No Tension**

Here is something that you really want to keep in mind as you are shifting into giving attention to your passion and markers. You can’t predict HOW your passions will get fulfilled. I can almost guarantee that how your passions come to be could never be guessed or planned by you.

And that brings us to this third piece of the formula for creating whatever you want in life – No Tension. This means that you leave the HOW to god, the universe, source, etc., and you just focus on the what. As long as you are clear in your intentions, meaning you know exactly what you want to create on a heart level, you put positive attention on what you want, meaning you choose in favor of your passions and you take action, because action creates attention, then you just want to be open to whatever shows up on the path to your passions unfolding.

And often, it won’t be pretty. And you might think, this isn’t working! But if you quit at that point, you will never experience what was in the making, what was on its way to you. Because usually, when things look grim, it just means that this is how it looks when it is in the process of unfolding.

The no tension piece of the formula requires persistence and faith. Without it, the creation will stop.

One of the best ways I’ve found to just allow what is to be, is to tell myself “this is how it looks when it is unfolding” and “perhaps this is just what I needed to have happen in order for me to do something differently that will make all the difference.” And when I say “differently”, I don’t mean quit!

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.

Living Your Passions

As we wrap up, I want to share with the 7 Keys or Principles for Passionate Living based on what you’ve learned in this workshop. When you can follow these principles in your life, you can’t NOT live a life of passion and purpose.

1) **Commitment** – Choose in favor of your passions *every day*, and soon you’ll discover you are living a passionate life

2) **Clarity** – When you are clear, what you want will show up in your life, and only to the extent you are clear.

3) **Attention** – What you put your attention on grows stronger in your life. Make sure you are putting positive attention on what you want, not negative attention (ie., focusing on the lack of it)

4) **Stay Open** – Stay open to your dreams showing up differently than you plan, and there is nothing that can stop you.

5) **Integrity** – Be as true to yourself as you are to others, and as true to others as you are to yourself.

6) **Persistence** – Fulfillment belongs to those who stay the course. Have faith.

7) **Follow Your Heart** – When in doubt, follow your heart. Passion arises from the heart. The mind will only complicate matters.

And remember the secret to living a passionate life every day...“Whenever you are faced with a choice, a decision, or an opportunity, choose in favor of your passions.

**Do you need more support in living YOUR passionate life?** If so, you may want to consider a special program I’ve created just for you. How do you know if this is right for you?

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Awaken Your Passion Program
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If you...

- Realized through this process that you have limiting beliefs which have been running the show, and you want to identify and bust them quickly

- Feel like you are uncovering new ways of viewing your life and living your passions, but you aren’t sure how to manage yourself through the rough patches and challenges that have you wanting to give up and go back to your old ways

- Want to take what you’ve created thus far and make your next steps even more tangible, and you want support to do this quickly

Then my “Live Your Passions” Private VIP Day may be just what you need.

In this program, which is completely personalized to help YOU further develop and live YOUR passions, I will work with you in a 3 hour private skype or phone session where you will:

- Identify and break through limiting beliefs that are holding you back

- Receive additional exercises to keep your focus on making choices that move you in the direction of living a passionate life

- Understand the steps you can take to move yourself from a negative mindset to one of peace and expansiveness, almost in an instant

- Uncover the reason why we feel down in the dumps sometimes, and why it is actually a good thing (understanding this one idea can change everything for you!)

- Gain strategies to help you reframe your thinking and get your manifestation mindset back on track so you can get back to living your passions.

- Unravel any challenges or blocks that are coming between you and your ability to live a passionate life.
When you commit to this private VIP coaching day, you will not only be committing to making your passions a priority, but you will make choosing in favor of your passions a habit in your life.

This program, consisting of three hours of private coaching is regularly $997, however because you said “yes” to participating in the Passion Test Virtual Workshop, you can participate in the “Live Your Passions” Private VIP for just $697.

But here’s the rub. Because this is an intensive block of time where I will focus 100% on YOU, and because my client time is very limited, I am only able to offer 2 of these private VIP days.

These 2 VIP spaces are being offered on a first come, first serve basis, and when they are gone, they are gone! So if you know this is your right next step, please take action now so that you avoid the disappointment of deciding to move forward and then learning that the 2 VIP days are gone.

To enroll in this program, go to http://www.ishinekids.com/passionvip.html and once we receive your enrollment we will get you scheduled for your private Live Your Passions VIP day.

Thank you again for taking this step toward living a more passionate life and allowing me to be your guide!

Love,

Jill