

# 5 Steps to Begin Releasing Your Inner Spirit and Start Living Your Passion

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## Ready to step into the “real you” and bring out your best?

This worksheet will help you get started with the process of releasing your spirit to begin living your passion.

**1.** What is one thing you have great passion for and just love to do?

(hint – Something that is sooooo much fun, you get totally caught up in it, you lose track of time because you are so engaged, you’re always talking about it, you can’t wait to do it, you wish you could do it full time)

**2.** List 10 reasons why you haven’t made a career out of your passion. These are your BARRIERS.

**My Barriers to Living My Passion**

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

**My Possibilities for Living My Passion**

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Notice how NEGATIVE your list of barriers is. How does it feel when you read them?

**3.** Re-write each negative statement into a positive statement. Ex: Barrier - I don’t have enough money to quit my job and work in my passion. Possibility - I make lots of money doing what I love.

**4.** Compare the 2 lists and decide which list “feels” better to read.

**5.** Fold the paper down the middle vertically so you only see the list of possibilities. Post this where you see it daily to be reminded that everything is possible when you channel positive energy toward your dreams