



AWAKENING MY PASSION

Courage is awakened in that sliver of a moment where we decide to act. Where the flame in you meets the eternal fire of the Universe and you become grounded in your belief that you will take the fearless step in spite of everything around you telling you to fear. The *Sacred Power of Passion* is there to light your way as you step boldly into your power.

So let's see where that leads you right now. For this exercise, you'll need to find some quiet space and a pen to begin moving what's in your body and mind into the tangible world outside your physical form. Follow the steps below, or feel free to use a separate piece of paper for the *Awakening My Passion* process:

What is my deepest driving desire? Right now, what does my heart long for?

Why is this important to me? Why do I care?

How much do I truly want it?

(Answer on a scale of 1–10, where 1 is not at all, and 10 is more than anything in life)

The answer to Question 3 is the best determinant of your level of passion. If you answered with a rating lower than 8, then your passion index is weak. Don't despair. That might be because, you didn't go deep enough regarding your desire, or because you are trying to accomplish too many other things that are distracting you.