

10 Ways to Ignite the

Passion

In Your Life

C H E C K L I S T

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Use this checklist to help you take daily action to ignite your passions. Each night, reflect on your day and determine how well you used each strategy. If you used it, give yourself a *gold star* or *checkmark* for that day.

Your goal is to use most of the strategies, multiple times every day so they become habits and new mindsets that will *automatically* work to bring you a passionate life.

Experts say that it takes 3 weeks of consistent action to form a habit. Print at least 3 copies of this weekly checklist to help guide you toward your new habits of passion.

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| Strategy | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|--|-----|-----|------|-----|-------|-----|-----|
| ✓ Focus on the Present | | | | | | | |
| ✓ Go For It with All the Gusto You've Got | | | | | | | |
| ✓ Be Optimistic | | | | | | | |
| ✓ Take Action | | | | | | | |
| ✓ Learn Something New Every Day | | | | | | | |
| ✓ Step Outside Your Comfort Zone | | | | | | | |
| ✓ Give Thanks | | | | | | | |
| ✓ Find a Career that Excites You <i>(Engage in at least 1 task that brings you closer to this goal)</i> | | | | | | | |
| ✓ Show Your Love | | | | | | | |
| ✓ Dream Big Dreams | | | | | | | |