

The Passion Test

“When you are clear, what you choose to show up in your life will,
and only to the extent that you are clear.”

– Janet Bray Attwood and Chris Attwood

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. _____

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

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

Passion Score: rate each of your 5 top passions on a scale of 0 to 10, where 0 means this passion is not present in your life at all, and 10 means you are fully living this passion:

1. ___ 2. ___ 3. ___ 4. ___ 5. ___

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The Passion Test

Taking a Person through The Passion Test

Ask these questions in sequential order. *If there is a long pause or person is stuck, go to the next question....*

First Question:

Which feels better? (Passion #1) **OR** (Passion #2) ?

Second Question

If you can have (Passion #1), **BUT NEVER HAVE** (Passion #2)

OR

you can have (Passion #2) **BUT NEVER HAVE** (Passion #1)

Which feels better?

Third Question

Close your eyes...

Imagine living (Passion #1) at a 10 (full out).

Notice that (Passion #2) is nowhere in this picture

Notice how that feels.

Now set that picture aside...

Imagine living (Passion #2) at a 10 (full out).

Notice that (Passion #1) is nowhere in this picture

Notice how that feels.

Which FEELS better?

To make the 3rd question most effective, encourage your partner to use all of their senses as they imagine living each passion as a 10. Ask them to create as vivid a picture of what that looks like as possible.

Take your partner through the list five times. When you have identified their top five passions, please read them out loud to your partner.

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*“Whenever you are faced with a decision, a choice or an opportunity,
choose in favor of your passions.”*

– Janet Bray Attwood and Chris Attwood

For each of your top 5, create three to five Markers for each. Then write a paragraph on each passion answering the question: What does that look like? Describe each one in as much detail as you can. Use the other side of the page if needed.

1. _____ means:

2. _____ means:

3. _____ means:

4. _____ means:

5. _____ means:

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