

# 5 Amazing Tools to Help Re-Ignite Your Passion

1. Write down a few hobbies you haven't made time for lately

\* Pick one that you'll make time for this year & schedule appointments with yourself

3. Write down 3 personal goals that you want to accomplish & create a plan of action

1.

2.

3.

Plan of Action:

4. What you would do everyday even if you weren't getting paid to do it? (Find a way to do it in your spare time, without pay if you have to...this is where your passion lies)

5. Recite positive affirmations (a few of my favorites for reference)

- I was created to do great things, the world needs my gift

- I release my need to impress others. I know I have nothing to prove. I choose to accept myself just the way I am

- I choose to radiate love, joy and gratitude today. I know that life is too short to dwell on negativity. I walk in light.