

# "The Passion Test" Janet and Chris Attwood

## Part One

Monday Call: August 5, 2013

- Weekly Mission Live Stream Monday at 8 PM EST, 9 PM EST, 10 PM EST, 11 PM EST. <http://www.m5mlive.tv> or 24/7 <http://www.m5mlive.com>
- TNL – Merri-jo Hillaker - – 7:30 Pm CDT at Mannatech Corporate offices or [www.mannatechlive.com](http://www.mannatechlive.com)
- Branson- You **Do Not** want to miss this event.

### 1. Forward

a. "The number one reason people don't get what they want is that they don't know what they want."

This is an often quoted statement and quite true.

b. The Passion Test provides you CLARITY..."clarity is critical to success...the power to act...which is the achievement, fulfillment and happiness in life."

c. Without direction, you are either paralyzed like many of you, or running around in circles like many others.

Each of us is unique...with something special to offer.

### 2. Introduction

a. Answer: What does it mean to live a passionate life?

Exciting, energetic, thrilling, on fire, purposeful, turned on, motivated, entertaining, easy, fun, unstoppable.

We all want to be passionate about what we are doing.

b. **Intention:** consciously stating what you choose to create in your life is the first step to manifesting it.

c. **Attention:** Give attention to what you choose to create in your life, and it will begin to show up.

d. **No Tension:** When you are open to what is appearing in this moment, you allow God's will to move through you. When you hold strongly to "the way things should be," it prevents you from enjoying the fulfillment of living your destiny.

e. What is your personal destiny? We all have one because we all have unique gifts. As someone once told me "If I fail to use them fully and play the part I need to make a difference, I let down all of humanity." That impacted me so it might impact you as well.

"When you follow your passions you will love your life."

"Passion and love are inextricably intertwined because they both arise from the heart."

Neuroscientists in "Born to Believe", said "The brain is very happy when you're focused on what you love. The more you focus on what you truly love and desire, the volume gets turned down in those parts of the limbic system where the destructive emotions of fear, anger, depression and anxiety are controlled. This allows you to think more clearly." More expressions of positive emotions occur!

f. "Your passions are not your destiny; they are the clues or keys to your purpose in life." Destiny is a life's journey. Passions change and morph over time.

### 3. Discovering Your Passions

a. "I am here for a purpose and that purpose is to grow into a mountain, not to shrink to a grain of sand. Henceforth, will I APPLY all my efforts to become the highest mountain of all and I will strain my potential until it cries for mercy." Og Mandino

b. How often do we get bogged down in the "How's?" How to get money, How to know more, How to meet the right people, etc. It is NOT the HOW but the **WHAT** that is important.

b. "Survey of top successful people had only one thing in common: they all had fulfilled the 5 things that they felt were most necessary for their ideal life."

Make your list of the top 10-15 things you would love to be, do or have in your life. Then limit it to 5.

The simple and unique process she used to sort them out is what is now known as the Passion Test.

c. Why is it important to do what you love?

Enjoy life! Do passion and enjoyment go hand in hand? Absolutely!

"Passion is the inner fire that propels you forward through the combination of love for what you are doing and the inner sense of purpose that comes from connecting to one's deepest passions.

Enjoyment arises from this combination of love and purposefulness."

d. The Passion Test is powerful because it is a SYSTEM.

Provides order, saves time, requires less energy, established procedure that produces results.

### 4. Taking the Passion Test

a. Biggest challenge is getting out of your own way. Many play safe since if they can't see a way of manifesting it they put it away. So people tend to think small. You must think BIG. When we contemplate big questions, we use our frontal lobes to alter the function of other parts of our brain (like reasoning and logic). Think of the people that play it safe in your life...are those your "heroes?" Or are they the ones that go for the gusto in every moment?"

b. "What does it feel like to be someone who is doing whatever it takes to live their dream; who is willing to face any challenge, jump through any hoops, go anywhere they have to, in pursuit of their dearest desires?"

c. Example: Jack Canfield's initial list of passions:

1. Being of service to massive numbers of people
2. Having an international impact
3. Enjoy celebrity status
4. Being part of a dynamic team
5. Having a leadership role
6. Helping others live their vision
7. Being a multimillionaire
8. Having world class quarters and support team
9. Speaking to large groups
10. Having lots of free time
11. Helping People live their vision
12. Studying with spiritual masters
13. Being part of a spiritual leaders network
14. Creating a core group of ongoing trainers who feel identified with my organization
15. Having Fun, Fun, Fun!

After going through the Test and Process, his top five became #6, #4, #1, #2, and #14.

His #13 was sixth so he left knowing he was going to start on that one immediately.

Jack now has a Transformational Leadership Council made up of over 100 speakers, trainers from around the world formed by Jack and Janet Atwood is on it.

d. "When you are clear, what you want will show up in your life, and only to the extent that you are clear."

e. Passion Test Guidelines:

Step 1: Make a list of your passions i.e. those things you love the most, are most important for your happiness and well-being.

Play full out! At least 10

Passions are how you live your life...Goals are the things you choose to create in your life.

Notice being a millionaire is how you choose to live your life, making 2 million per year is a goal.

***As Jack did with his list, begin each passion with a verb that expresses how you are living life when your life is ideal.***

If you need help to get going:

What do you love to do?

What kind of environment do you love to be in?

What kind of people do you love to be around?

What turns you on, excites you, gets you charged up?

Others:

What are you good at?

What do people compliment you on?

What do you seem to do better than others?

What are your unique gifts and talents?

BEWARE of the mind...your mind will try to convince you in the name of safety and security that your life's purpose is something less than it really is.

Other Guidelines:

Don't consult with anyone.

Don't take the test as a couple.

Take the test in one sitting.

Take the test in a quiet setting without distractions.

Write short clear sentences.

So, proceed "When my life is ideal, I am....."

STEP 2:

Come back to your list after a few hours or the next day. Use the following to compare the items and identify which are most important to you:

(a) If you had to choose between 1 and 2 which one would you keep?

Continue comparing the one you chose with the next item on the list until you have gone through all. That one becomes #1

(b) Start again with each item that remains (so if the final one picked was 3, you would start with 1 and 2 again, then the one you pick there compare to 4, etc. (Avoiding ones already separated out due to being

chosen by the end of the list) Do this until you come to the five most important.

(c) If you have a hard time with more important, ask yourself "If I could be, do or have 1 and never do 2, or if I could be 2 and never be, do have 1, which one matters to me most?"

Saying they are equal is just lack of clarity.

(e) Most people find their impulse is most accurate.

(f) Be honest. Don't worry if your choices are not what others think they should be.

This is only about your happiness.

(g) Avoid the temptation to get one item on your list and say well I don't need to go through this exercise because this one is clearly #1.

(h) Don't be surprised if the choices you make change each time you go through the list. You are just going deeper.

To see others experiences: [www.passiontest.com/results](http://www.passiontest.com/results)

## 5. Creating Your Passionate Life

a. "The person born with a talent they were meant to use will find their greatest happiness in using it." Goethe

b. Will our Passions change? Of course, that is why they suggest doing the test every 6 months...life is constantly evolving especially as we are younger with marriage, and kids, etc.

c. What you put your attention on grows stronger in your life. Out of fear people focus on what they don't want. Instead imagine something you fear could happen as soon as you do that hit "cancel" and shift your attention to the opposite.

d. Simple test to see where you have been putting your attention until now:

List your Five Top Passions and on a scale of 0-10 rate them (0 you are not living it today at all, and 10 you are fully living it)

Those receiving high scores are getting a lot of attention from you...the others are not.

e. If you find something you have been giving a lot of attention to and it isn't working, examine what you are focusing on? the negative things or the greatness??

If your attention is on all the things you can't have or do then you won't. If your attention is on the benefits, blessings, and good fortune flowing into your life, then you will find more and more of those things showing up.

The great news: what you place your attention on is primarily a habit.

Solution: Put a heavy-duty rubber band on your wrist. Every time you think of something that is not creating what you want in your life, snap the rubber band against your skin.

f. Your passion cards. Bob Proctor says our minds are like computers...if we feed it greatness it will come into our life. If we feed it lack, that too will come upon us. So get a number of 3X5 cards and write your passions on each card.

Date on top

"When my life is ideal I am:

1-5

This or something better."

Make a bunch of these and place them where you will see them several times per day.

## 6. Creating Your Markers

a. Why? to make sure you are on the path of living your passions. You never know what will show up in your life. You can only stay open to what is required of you in the moment. Let go of the way you think things should be...in fact should of could of would of are not in your vocabulary).

How will you know when you are living your passions? Review them and write down markers.

Everything made by man is created first in the mind (Stephen Covey in 7 Habits).

b. When you have intention with attention without tension, then it becomes fun!

Intention: the conscious choice to create. Successful people know the secret...they create their reality from what they put their attention on.

"Your results will always match your true intentions."

So just examine the results you create...

Examine and be clear on your intentions.

c. Attention is subjective awareness directed to an object. Most people don't pay much attention to where they are placing their attention.

Cultivate success habits:

Taking time to review your top 5 passions

Choosing in favor of your passions when faced with a decision

Taking responsibility for the life you have created

Taking time daily for prayer

Getting regular exercise

Getting adequate rest

Charitable giving on a regular basis

Eating healthy foods that support clarity

Speaking positively and uplifting others through your speech

"What you put your attention on grows stronger in your life."

d. Facing fear head on.

If fear immobilizes you, take small steps toward your goal...they will help build confidence.

Affirmations are powerful. They turn the affirmation into a question:

"What is there about me that could make me successful in achieving my goals?"

Your mind is amazing and will come up with answers.

e. No Tension

Create intentions and put attention on them in a simple, easy effortless process.

Everyday you create your experience of life from what you give your attention to. It's a choice.

Here is the good news: if you're unhappy with what you have created, you can begin creating consciously now.

f. Your Markers

Take a blank piece of paper and write one of your passions on top.

Then write three to five Markers describing what will have happened when you are fully living your passion.

## 7. The Vision Board another one to create

"He who has a why to live for can bear almost any how." Friedrich Nietzsche

Your life is created twice ("7 Habits")...first in your mind then in the world.

Our vision boards need to contain all the things you want to create in your life from pictures you are cutting out of magazines.

"Never underestimate the power of the mind to create the vision you hold."

## 8. Seven Keys to Living Life Aligned with Passion

a. Commitment: until you are committed, nothing will happen for you. Also, be prepared to be flexible...(d below).

b. Clarity: When you are clear, what you want in your life will show up and not until then.

- c. Attention: What you put your attention on grows stronger in your life.
- d. Stay Open: "When you are open to whatever is appearing in this moment, even if it's different from what you think it should be, you release your individual will and open up to God's will for you. This is the path to living your highest purpose in life."
- e. Integrity: Be as true to yourself as you are to others and as true to others as you are to yourself.
- f. Persistence: "Many begin the journey. Those who finish it are the ones who achieve success and fulfillment in life."
- g. Follow Your Heart: "When all else fails, listen to your heart.. Passion emerges from your heart, not from the mind."

"When you are aligned with your deepest, most important passions, the ups and downs of daily life won't be able to through you off track."

***"Passion has the power to transform your life. When you discover your deepest passions, you connect with the essence of who you are. Living life aligned with your passions, your personal destiny unfolds naturally and effortlessly."***

This is only a summary of the first 7 chapters the book and there are 14 chapters...