

# Personal Reflection Exercises...

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I am where I want to be in my life. My passion is real and it is within me.

I surround myself with like-minded, passionate people and engage in projects and work that inspire and motivate me. I am thankful to be able to love what I do, and do what I love.

An intense fire within my heart ignites me. I know with great certainty that my passion will never escape me and can never be taken from me. ***My passion is deeply ingrained within me and cannot be disturbed.***

At times it may be challenging to stay focused. I strive to stay on course through thick and thin, regardless of criticisms, distractions, or obstacles. I let my intense passion rise within my soul and it sends me soaring to new heights that mere words cannot explain.

I feel alive and vibrant. I am inspired and elated. ***I am on the highest level of stimulation.*** My emotions are stirred and so is my talent.

I believe everyone should engage in their passion because a passion can truly inspire and motivate in unimaginable ways. I thrive on the emotional boost I feel when I indulge in my passion and purpose.

I am doing what I was created to do. It gives me great pleasure to know that my passion is someone else's treasure. What a purpose-driven life I have!

### **Self-Reflection Questions:**

1. What can I do to stay passionate?
2. How can I help others become passionate?
3. How will I nurture my passion to keep the flame strong?