



passionjourney

A PROVEN PATH TO DISCOVER & LIVE YOUR PASSION



**A step-by-step coaching program that
takes you from where you are to where
you want to be.**



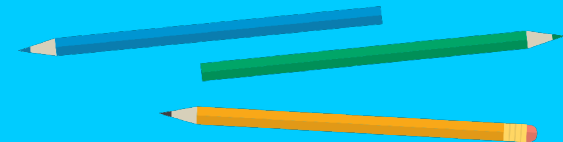
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Module 1

Setting you up for a successful Passion Journey:



NOTES



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Get Set Up

One-time Preparation Check List







ON THE COMPUTER

-  ☐ Create a folder on your computer and call it My Passion Journey
-  ☐ Download workbook and save it
*You download the full workbook now or each module before you start

CREATE THE RIGHT SPACE

-  ☐ Make sure you are signed up for Passion Sundays
-  ☐ Schedule time with to run through the course material. Don't leave it to chance

STATIONARY

-  ☐ Buy an A4 folder to store all the worksheets. Put inspiring stuff on the cover or just print The Passion Journey smiley logo and put it on the cover
-  ☐ Get folder separators
-  ☐ Get a paper puncher / stapler
-  ☐ If you have a printer, make sure it's ready. If not, print all the worksheets in advance
-  ☐ Print the course outline check-list and put it up next to your computer
-  ☐ Have all the stationary you need ready



Get Set Up

Module Preparation Check List

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☐

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Wear comfortable clothing

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Writing is better than typing

☐

Prepare healthy snacks, water, etc...



Check Your Mindset

5 Levels of Passion & Engagement



Passionate & Fully engaged:

You're positive & proactive in everything you are doing. You feel good and you are happy to show off your enthusiasm to the world.



Committed & engaged:

You make others feel great.



ProFessional:

You're passively positive / politically correct.



Cynical:

You're bored with life, indifferent and superficially engaged with what you are doing.



Hostile:

You are proactively negative.



Every time I finish a module I will reward
myself with

.....



Passion Journey Celebration Sheet



At on / / 20 I am celebrating my passion.

I am at

With

Doing

I see

I hear

I smell

I taste

I feel

I

Celebration Announcement Check List



Write your
celebration plan



Put it on
your
calendar



Share it with 3 people
close to you and ask
them to hold you
accountable



Share on social media* that
you are starting The Passion
Journey and planning a
celebration when you are
done. Get people excited, it
will help you stay on track

*Share it both on the passion community
Facebook page and your personal page



What do you expect from The Passion Journey?



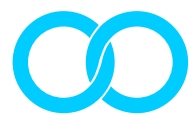
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Passion & Motivation Clarity

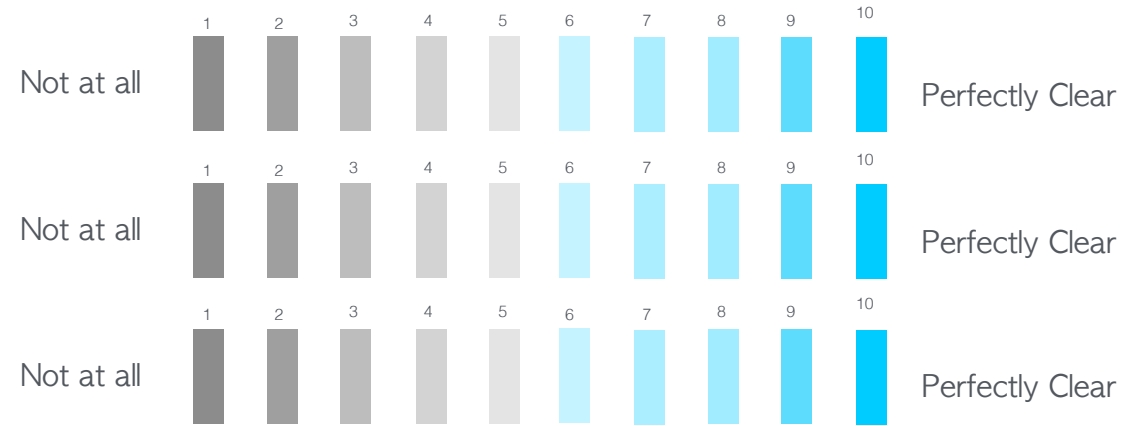


How clearly do
you know your
passion?

Now

Target

After

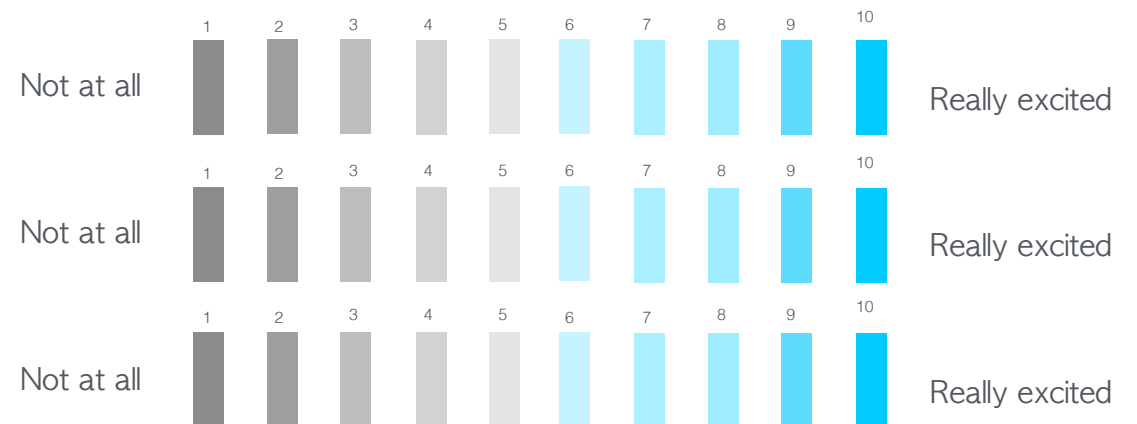


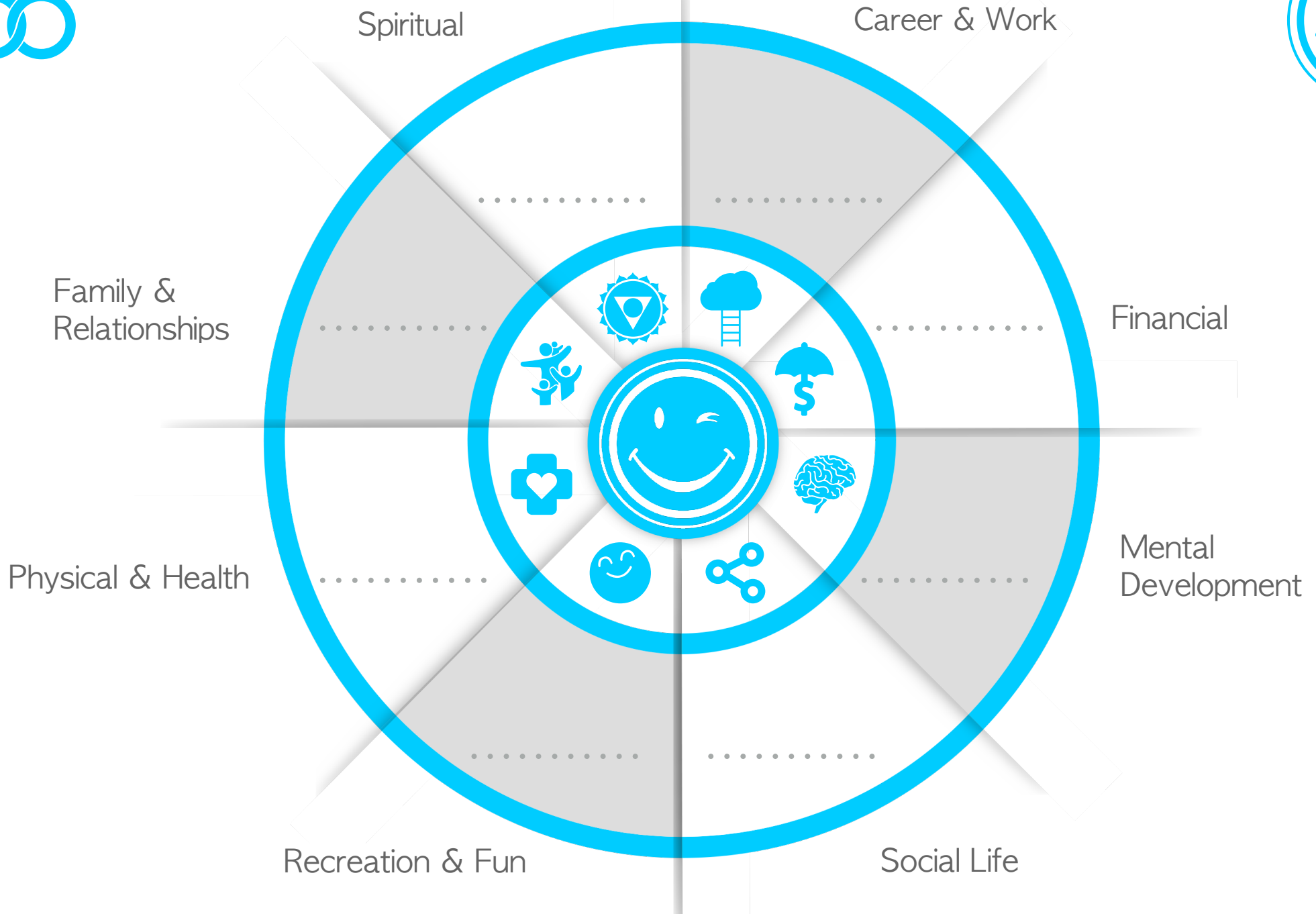
How excited
are you about
life overall?

Now

Target

After





Give yourself a score out of 10 in each of these areas



Are you interested,
or are you committed?





I

hereby declare that:



I am a of my, not a of my history.

I have, and

I am not just interested.

I will be fully

I am responsible for my results, I know that I what I in.

I will to my passion that I find during this

program and will

to make things





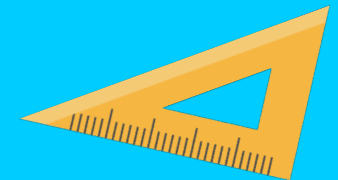
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Module 2

The Foundation

Understanding The True Meaning of
Passion



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Module 3

Resolve the past in 4 steps, once and for all



Deal with your old internal “crap” that has been getting in the way of accomplishing your goals through de-conditioning exercises, getting rid of old patterns, self-limiting beliefs and cultural & parental conditioning so you can see the possibilities.

This includes guided meditations and forgiveness exercises to free you from any negative emotions and give you a clear mind & heart to help you to get the success you deserve in life.

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If your life so far was a movie, what genre would it be?



☐ Drama

☐ Tragedy

☐ Comedy

☐ Adventure

☐ Romance

☐ Other:

What would you name that movie?

.....



My story



I am

Because my family

My social setting

Work

Responsibilities (family, spouse, kids)

Other



What were the two or three specific themes that kept recurring?



Rank your theme from most to least recurring

Most Recurring	
Second Most	
Least Recurring	



What disappointments or regrets did you experience?



What did you regret?

.....

.....

.....

.....

.....

.....

.....

Why did you regret it?

.....

.....

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.....

.....

.....

.....



How did your past struggles serve you?



Struggle

.....

.....

.....

.....

.....

.....

.....

How it served me

.....

.....

.....

.....

.....

.....

.....



What did you feel you should have been acknowledged for but weren't?

I should have been
acknowledged for:

.....

.....

.....

.....

.....

.....

.....

Because:

.....

.....

.....

.....

.....

.....

.....



Approval



Whose approval
were you
(unconsciously)
trying to gain?

What are you
trying to prove?

How has this been
demonstrated in your
work & life?



Why we hold onto old pain!



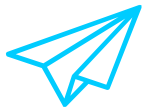
There are two key reasons why we hold onto painful memories:

	1	2
Reason you are holding on	You have invested a lot in that old story , and if you let go of it now what will that mean for all the previous decisions you made... That you were wrong all that time?	Letting go of old pain feels like you are letting the person who did you wrong off the hook , like you are letting them go away without getting what they deserve, which doesn't seem fair. All things should be fair!
Realisation needed to move on	Realise that what might have served you back then is probably not serving you now That you were wrong all that time?	Realise that letting go of the painful memory is by no means saying that what happened was right.
How to solve that and let go	Just ask yourself: is this serving me now or is it just sucking my energy and keeping me stuck in the past?	Forgive the person without agreeing with the action.

Being the way I am benefits me



	Current benefit	Alternative ways to get that benefit
1
2
3
4
5
6
7
8
9
10



What prejudices do you have towards certain careers / successes?

Statement	How I do it better
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....



Look at yourself in the mirror (or at your photo) and say the following loudly



It's okay...

You did the best you could with what you were given.

I made mistakes, It's okay we all do, I forgive you.

I let go of the disappointments, frustrations, anger, sadness and depression.

Leave the past where it belongs, its gone any way

The present is here and now. Today is a clean, fresh start.

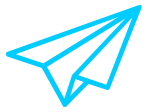
I love you, I forgive you

I am free to make new choices, its today's choices that will define a new tomorrow.

Your new life starts now.

Use it well.

I love you



Anger Healing Letter



Dear

I was angry that you

It made me feel

And this has caused me to

Although I still remember and I still do not accept nor agree with your actions, I now choose to forgive you for

I am in control of my life and I choose for our relationship to be

I am healed and I feel

Love



Reflection Sheet



How has your life gone so far? What were your plans, dreams and goals?

What went right, what went wrong, and how can you improve on it?

What did you learn?

What do you need to change that is in your control to get a better outcome?



What's your story now?



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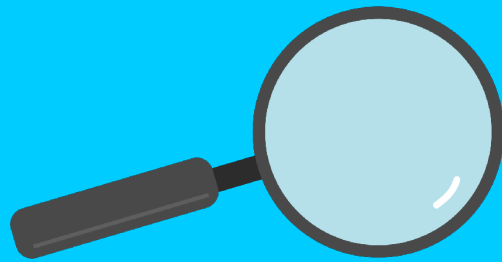
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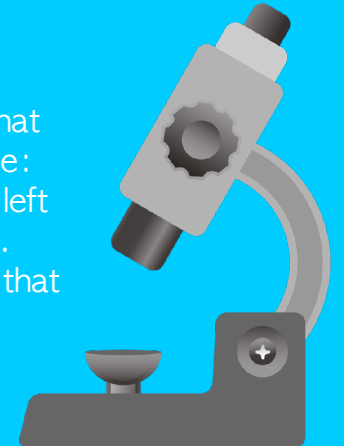
A PROVEN PATH TO DISCOVER & LIVE YOUR PASSION



Module 4

Passion Discovery Process

This signature guided passion discovery process will give you a 3D scan of the passion & purpose that has been hiding deep inside you. The process is based on a deep dive into all key aspects of your life: your heart & mind. Past, present & future. Reality & aspirations. Your left & right brain. No stone is left unturned and all the questions that you might ever ask yourself about your life will be tackled here. The most important part is, the outcome is PERSONALIZED TO YOU. There are no ready templates that force you into a box.



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5 Levels of Passion & Engagement



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Passion Reflection Answer Sheet



1			
2			
3			
4			
5			
6			
7			
8			
9			
10			



Passion Reflection Answer Sheet



1			
2			
3			
4			
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6			
7			
8			
9			
10			



Passion Reflection Answer Sheet



1			
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10			



Passion Reflection Answer Sheet



1			
2			
3			
4			
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9			
10			



Instructions



- 1 Answer each question as honestly as you can. You are the only one who is seeing it.
- 2 Do not write the question. The question does not matter, only the answer.
- 3 Write down the first answer that comes to mind.
- 4 I will keep on going, so if you miss a question, don't stop. Just keep moving forward. It's more important that you keep flowing.
- 5 Preferably write 3 answers. If the question has only 1 answer, then repeat it 3 times.



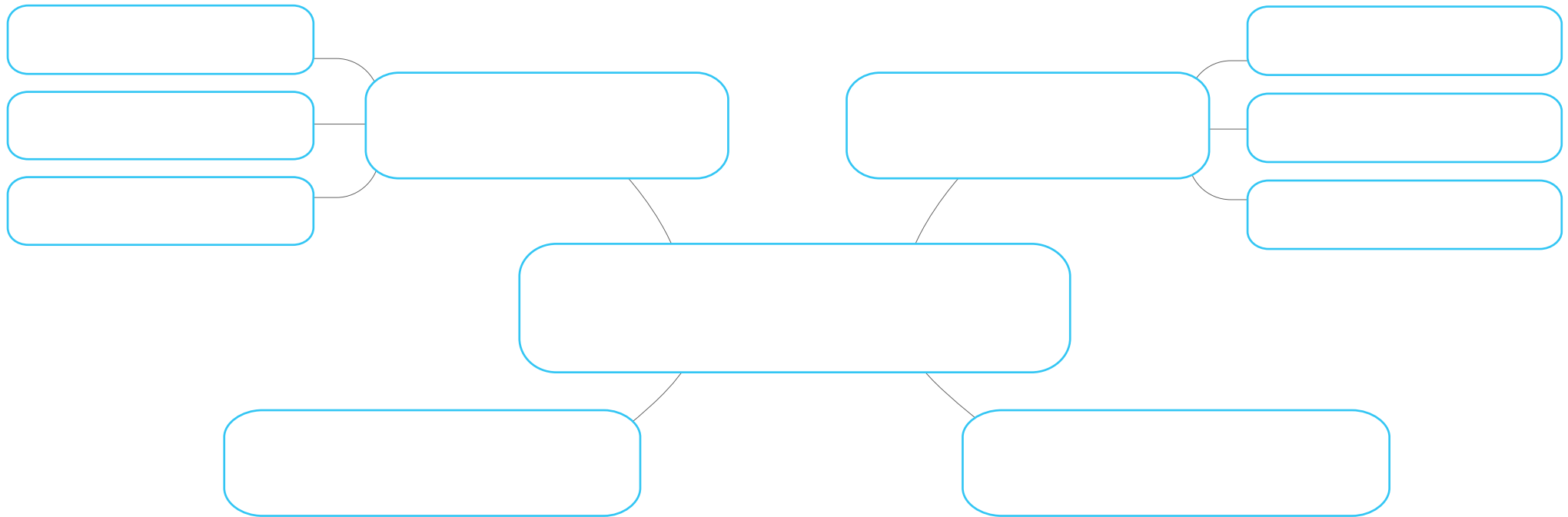
Word Count Sheet



WORD	COUNT	WORD	COUNT	WORD	COUNT



My highest values are:

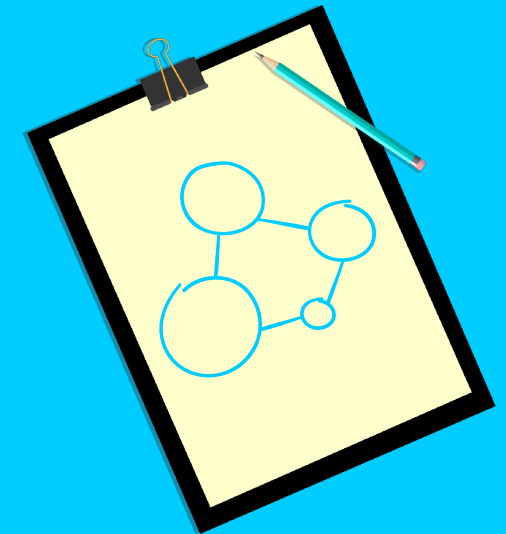


“ The hierarchy of your values determines how you perceive and act upon the world. ” - Moustafa Hamwi



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Module 5

Passion Clarity Process



Gain clarity on what individual passions mean to you and, more importantly, how you want to use them in work, business & life. This step includes a mind mapping process to make your passion visually clear to you.

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Hostile:

You are proactively negative.

 I will distribute 100 time points over my passions as follows:



..... time points on

..... time points on

..... time points on

..... time points on

..... time points on

..... time points on

..... time points on

..... time points on



My Primary Operating Model:



Work for me is:



☐ Calling & Mission (Willing to die for it)



☐ Joyful Mission (Willing to struggle for it as long as I enjoy it)



☐ Joy (All about the fun)



☐ Joyful Job (It's all work but I would rather enjoy it, too)



☐ Purely a Job (It's about the money)

I am most fulfilled when I am using my gift as:



☐ The Talent



☐ The Manager / Leader



☐ The Entrepreneur / Intrapreneur

My game is:



Money



Power



Fame



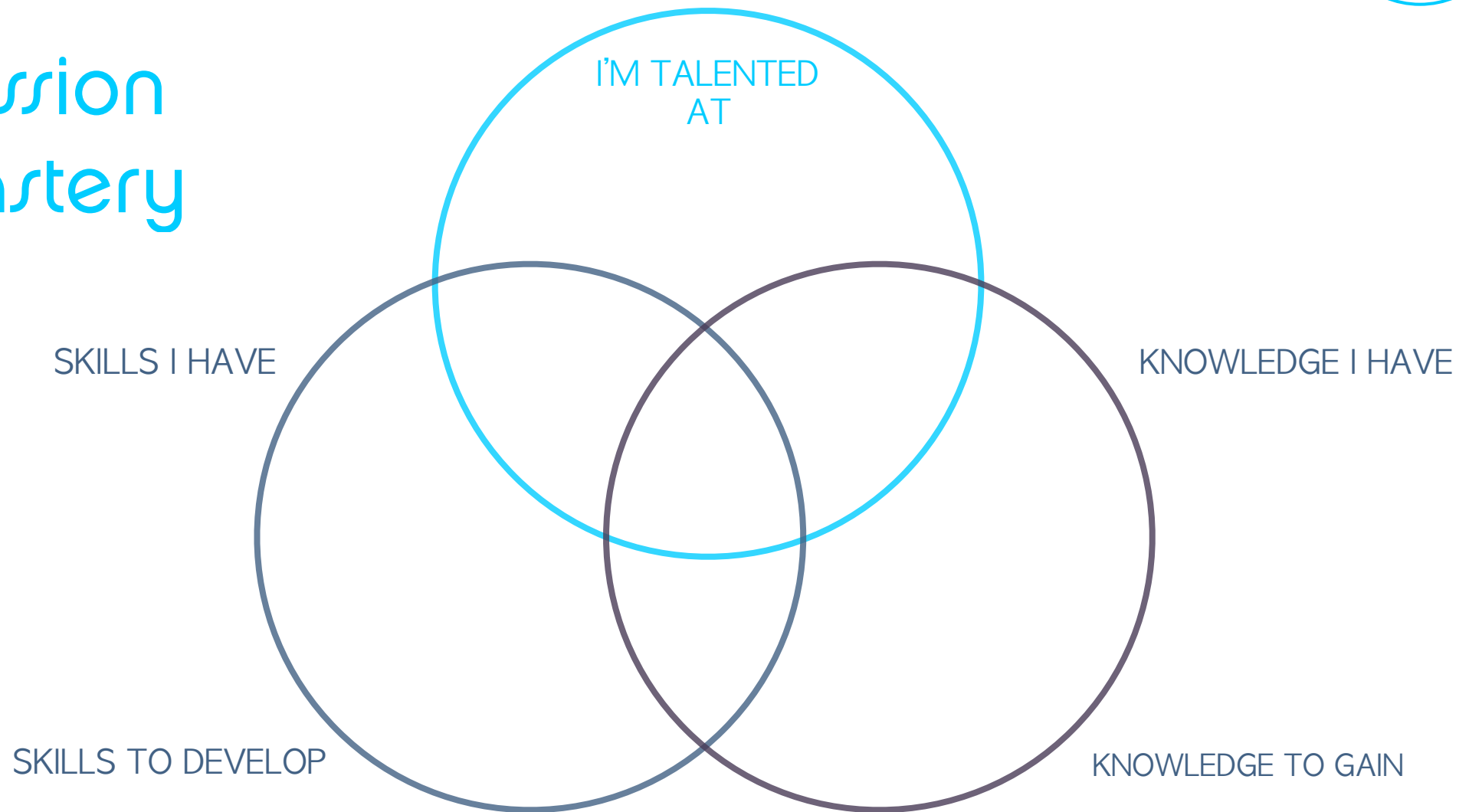
The Sweet Spot

Where are you now, where would you like to be, and what is missing to get there?



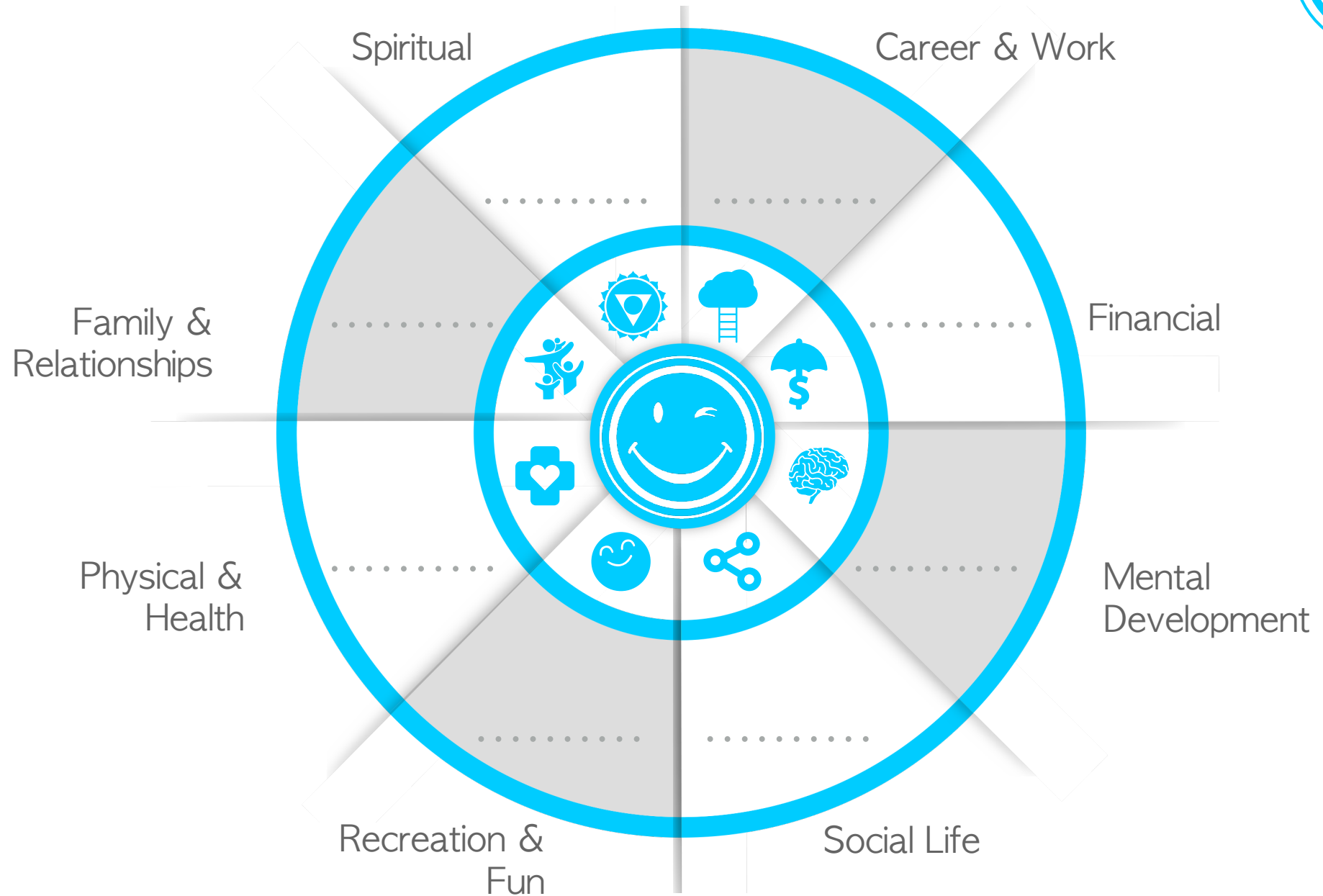


Passion Mastery





What would you define as “success” in each of these areas





Want List



Sure Want a lot

Want a bit

Maybe / One day



No No List



Things I am not willing to do / I do not want in my life for sure

.....
.....
.....
.....
.....
.....
.....
.....



I ask myself every day:



- ☐ How can I get paid to do what I love?
- ☐ How can I make this a hobby?
- ☐ How can I find a career in this field?
- ☐ How can I create a business around it?
- ☐ What field of study will get me closer to my passion?

☐ How can I
.....?

“The quality of your life is based partly upon the quality of the questions you ask yourself daily.”

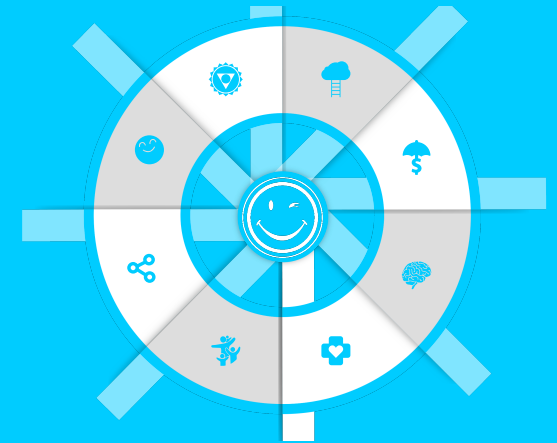
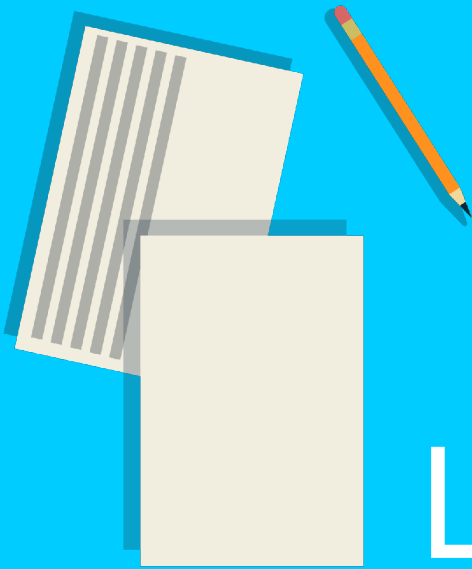


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A PROVEN PATH TO DISCOVER & LIVE YOUR PASSION

Module 6

Lifestyle Design



Life is not about discovering yourself, life is about creating yourself.

This module will help you design your ideal life and draft your passion statement in such an inspiring & clear way that it will drive you to go make it happen. This is where it all comes together to form the big picture of what your passionate life is all about, down to designing your ideal day so you are clear about what makes you happy on a daily basis and how you like to spend your time. You even get to do some fun passion sketching.

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I hereby declare before myself, others and the universe
that my primary passion & purpose in life is that:

I am the (Richest, Most Powerful, Most Famous)

I have a life that is full of (list your top values)

I'm doing this through (explain how you will do it and who do you serve in the process as per below)

a business / organization that helps (describe the target audience)

do/ be

(describe how you will serve them)

So they

(describe the value / benefits of your service to them)

and in the process of all of that I'm

(describe how are you changing the world through this process)

I am enduring pleasure and pain on the journey of making it happen, and I'm loving every minute of it!

Signed: Date: / / 20 (3-5 years from the course date).





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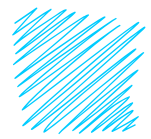


Does your passion statement cover:



- ☐ All your top values
- ☐ Spiritual
- ☐ Career & Work
- ☐ Financial
- ☐ Mental Development
- ☐ Physical & Health
- ☐ Family & Relationships
- ☐ Social Life
- ☐ Recreation & Fun
- ☐ Finally, does it put a big smile on your face or bring tears in your eyes when you think about it?





My Passion Sketch





What does your ideal working day look like?



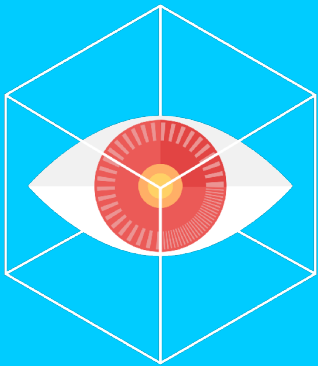
From	To	What are you doing?
6:00	7:00	
7:00	8:00	
8:00	9:00	
9:00	10:00	
10:00	11:00	
11:00	12:00	
12:00	13:00	
13:00	14:00	
14:00	15:00	
15:00	16:00	
16:00	17:00	
17:00	18:00	
18:00	19:00	
19:00	20:00	
20:00	21:00	
21:00	22:00	
22:00	23:00	
23:00	24:00	



What does your ideal weekend day look like?



From	To	What are you doing?
6:00	7:00	
7:00	8:00	
8:00	9:00	
9:00	10:00	
10:00	11:00	
11:00	12:00	
12:00	13:00	
13:00	14:00	
14:00	15:00	
15:00	16:00	
16:00	17:00	
17:00	18:00	
18:00	19:00	
19:00	20:00	
20:00	21:00	
21:00	22:00	
22:00	23:00	
23:00	24:00	



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Module 7

Creative Visualization Process (Passion meditation)

One of the most inspiring and powerful things you can do as a human being is to visualize what you want to manifest, and then make it happen.

The power of the mind is astonishing. When you pair it with mindfulness-based practices like meditation, you can make leaps and bounds toward creating the life you truly desire.

This special meditation, proven by neuroscience, will take you on a journey in your head to see your future so vividly you will find it difficult to even challenge the possibility of it happening. Your mind will simply see it as DONE, and then it's just a matter of time before it turns into reality.

Best of all, you will customize the meditation specifically based on your passion statement.

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(describe how are you changing the world through this process)

I am enduring pleasure and pain on the journey of making it happen, and I'm loving every minute of it!

Signed: Date: / / 20 (3-5 years from the course date).





Creative Visualization Process



I set time on my calendar every at
to visualize

I am at

I see

I hear

I smell

I taste

I feel

“ Whatever the mind can conceive and believe, it
can achieve. ” - Napoleon Hill



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A PROVEN PATH TO DISCOVER & LIVE YOUR PASSION

Module 8

Success Mindset



This is one of the richest modules. Exercises and sheets will help put you in the best mindset for success with tools to manage your fears and self-doubts that stop you from pursuing your passion and reduce distractions so you can focus on your passion work and life priorities. This module includes dealing with excuses and decluttering exercises, and a resource optimization process to help you make space in your life so you have the resources to make your passion a reality.

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☐

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☐

Wear comfortable clothing

☐

Writing is better than typing

☐

Prepare healthy snacks, water, etc...



Check Your Mindset

5 Levels of Passion & Engagement



Passionate & Fully engaged:

You're positive & proactive in everything you are doing. You feel good and you are happy to show off your enthusiasm to the world.



Committed & engaged:

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Cynical:

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So they

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The **WORST** that can happen when I pursue my passion:



- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 9
- 10
- 11
- 12

“There is no greater illusion than fear.” - Lao Tzu



The most common **EXCUSES** I use:

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 9
- 10
- 11
- 12

“The only thing standing between you and your goal is the bullshit story you keep telling yourself as to why you can’t achieve it.”

- Jordan Belfort



The BEST that can happen when I pursue my passion:



- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 9
- 10
- 11
- 12

“Focusing on the best possible outcomes increases the possibility of the best happening.” - Moustafa Hamwi



If I don't pursue my passion I will **REGRET:**



- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 9
- 10
- 11
- 12

“Regret for the things we did can be tempered by time; it is regret for the things we did not do that is inconsolable.”

- Sydney J. Harris



For me to achieve my passion I **believe that:**



About The World	Limiting	Liberating
	Belief	Truth
	Limiting	Liberating
About Others	Belief	Truth
	Limiting	Liberating
	Belief	Truth
About Myself	Limiting	Liberating
	Belief	Truth
	Limiting	Liberating
	Belief	Truth

“ Whether you think you can, or you think you can't either way you are right. ”
- Henry Ford



I am grateful for:



- 1 Being able to take the time off to start the journey of discovering my passion
- 2
- 3
- 4
- 5
- 6
- 7
- 9
- 10
- 11
- 12

“An attitude of gratitude brings abundance into your life.”
- Moustafa Hamwi



How is your current situation useful in achieving **your passion**?

1	
2	
3	
4	
5	
6	
7	
9	
10	
11	
12	

“Use what you have to get what you want.” - Moustafa Hamwi



How are my **daily tasks** helping me achieve my passion, and vice versa?



Task	How are the tasks helping the passion?	Passions & Values

“ Use what you have to get what you want. ” - Moustafa Hamwi



What **resources** do I currently have that will help me achieve my passion?



Resource	How I can use it to help me pursue my passion	Passions & Values

“ Use what you have to get what you want. ” - Moustafa Hamwi



To **allow space** For new blessings to come into my life I will let go of:



Task / Person	Current time / energy / money spent on it	Reduce it to	This helps me to do

“Don't be afraid to give up the good to go for the great.” - John D. Rockefeller



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A PROVEN PATH TO DISCOVER & LIVE YOUR PASSION

Module 9

Building a Passion Tribe

On the journey to a passionate life, you have to make sure to surround yourself with a group of people who will support you rather than hold you back. You will learn how to build your own passion tribe that will help you on the journey of success.

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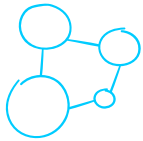
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“Passion Tribe”

Module Preparation Check List



Sheets from the Clarity
Module



Sheets from the Lifestyle
Design Module



Check Your Mindset

5 Levels of Passion & Engagement



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My Passion Tribe



Name Person or Group	Kind Values / Journey / Interests / Pro	What they can do for me Guide / Support / Encourage

“ If you want to go quickly, go alone. If you want to go far, go together. ”
- African Proverb



Building an Advanced Passion Tribe (Mastermind Alliance)

☐ REFLECT on all the work you have done in the following modules

☐ Values Mind Map

☐ Clarity Sheets

☐ Lifestyle Design

☐ Form a MASTERMIND ALLIANCE

☐ Think of people you can team up with who will accelerate your Passion Journey and add value to it (ideal size is 3-5 people)

☐ Look at the previous passion tribe sheet

☐ Post comments on the passion community Facebook page

☐ Post comments on your social media platforms

☐ Think what you can bring to the table

☐ Contact these people and suggest the concept of becoming a Mastermind Alliance (Passion Tribe) till you have the people you need in the group



Passion Tribe Meeting Agenda



☐ MEET for a coffee.

- ☐ SCHEDULE at least 90 minutes (you need around 15 minutes per person + networking time at the beginning)
- ☐ ROTATE hosting the meeting between each other
- ☐ Everyone checks their LEVEL OF PASSION & engagement
- ☐ Everyone reaffirms they have: COURAGE, HUMILITY AND DISCIPLINE
- ☐ Each person shares their top values, clarity sheet and PASSION STATEMENT
- ☐ Everyone CLAPS AND CHEERS passionately when someone shares
- ☐ Everyone BRAINSTORMS ideas that support that person in reaching their goal
- ☐ WRITE THE IDEAS down and put completion dates on them

☐ PLAN follow-up

- ☐ Designate ACCOUNTABILITY PARTNERS (choose one person to follow up with / to follow up with you)
- ☐ PLAN an accountability CALL in 2 weeks to check in on each other (put it on the calendar)
- ☐ PLAN next MEETING in 4 weeks (put it on the calendar)



Advanced Passion Tribe Mastermind Alliance



Name	Kind	Contacts	Top Values

“ Through mastermind alliance you can achieve in a year what might take you a lifetime on your own. ”
- Napoleon Hill



Brainstorm Results



Idea	Next Step	Deadline

“ Through mastermind alliance you can achieve in a year what might take you a lifetime on your own. ”
- Napoleon Hill

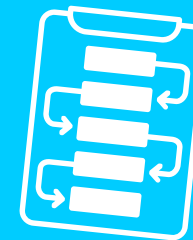


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A PROVEN PATH TO DISCOVER & LIVE YOUR PASSION

Module 10

NEXT MOVE -



Passion to Action

A simple “backward planning” process to create a passion master plan that will take you from where you are to where you want to be, which includes setting specific measurable goals, breaking them down to weekly / monthly to-do lists to keep you on track. This will provide you the step-by-step process to accomplish those goals.

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☐

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☐

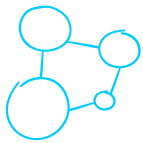
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☐

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“Next Move”

Module Preparation Check List



Sheets from the Clarity Module



Sheets from the Lifestyle Design Module



Sheets from Passion Tribe Module



Check Your Mindset

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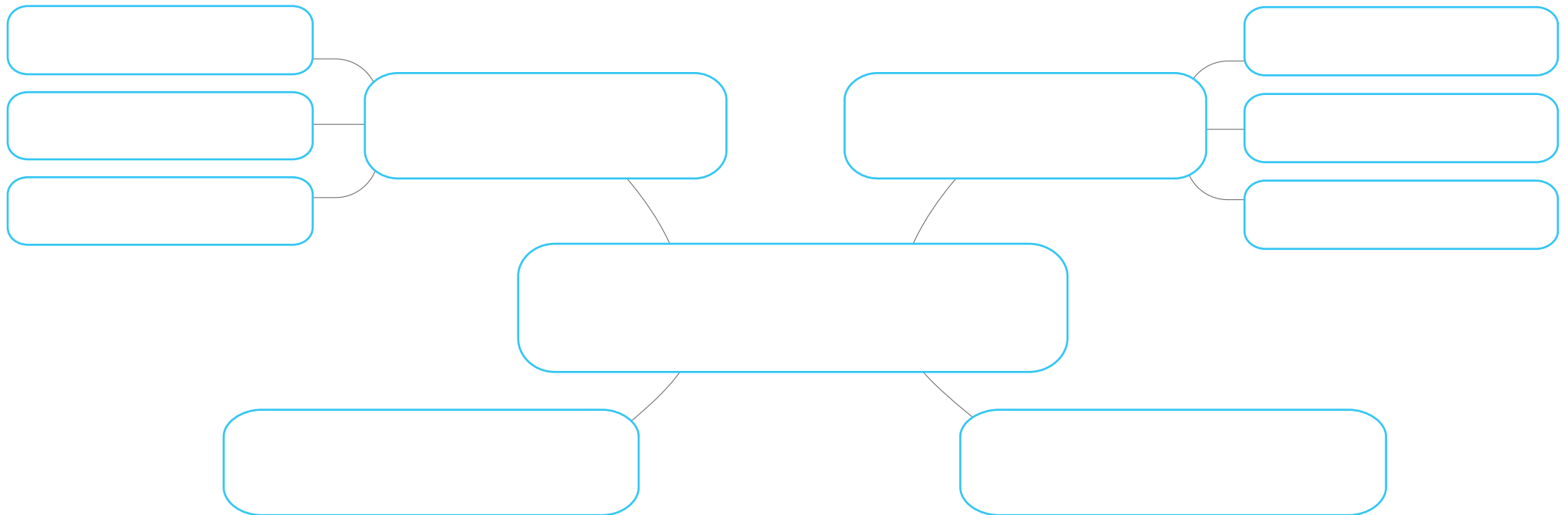




Backwards Planning Process



- ☐ REFLECT on the clarity sheets and lifestyle design sheets
- ☐ Break down your Passion Statement into a new mind map
- ☐ Take each of the subtopics and detail & validate it using the Goals Sheet
- ☐ Put it on the Key Milestone Plan (3-5 years)
- ☐ Make sure these goals are SMARTER
- ☐ Put the key milestones dates on your calendar (or whatever way you manage your time)
- ☐ Then take the first major milestone and use the same process
 - ☐ Mind mapping
 - ☐ Goals sheet
 - ☐ Break it into 10 steps
 - ☐ Put those steps on your calendar
- ☐ Then do the same for every milestone you have there (you can do one milestone at a time)
- ☐ All you have to do is take the first step to begin a chain reaction that will end up in your achieving you passion, that simple!





Milestone / Goal



.....

.....

.....

1

2

3

4

5

WHY

6

7

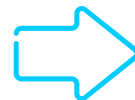
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9

10

Evaluate this goal based on the smarter goal criteria

	Weak	Average	Strong
Specific			
Measurable			
Actionable			
Relevant			
Time-Keyed			
Exciting			
Realistic			



AREA OF LIFE

- ☐ Financial ☐ Spiritual ☐ Physical & Health ☐ Social
- ☐ Mental ☐ Career ☐ Family & Relationships ☐ Recreation



SMARTER Goals





Passion Masterplan



I commit to the following next 10 milestones towards living my passion:

	Milestone	Deadline	Reward	Done
1	Rewrite my passion statement in a nice way and put it up somewhere visible on a daily basis (on work desk, next to bed, computer desktop, phone screen, etc...) + share on the passion community Facebook page	at ...: ... on .../.../20.. (This has to be within 24 hours of today)		
2	Celebrate discovering my passion with the 3 people I already planned it with (share the passion statement loudly during the celebration) once I do that, subscribe to the Passion Journey follow-up emails to start the "Living Passionately" part/...../20.. (This has to be within 7 days from previous step)		
3	Research at least 3 success stories that:/...../20.. (This has to be within 30 days from the previous step)		
4	/...../20...		
5	/...../20...		
6	/...../20...		
7	/...../20...		
8	/...../20...		
9	/...../20...		
10	Celebrate achieving my passion statement describe the celebration (how, where, with who, when)	at ...: ... on .../.../20.. Within 3-5 years from the date of writing the plan		

“A year from now you are going to wish you started today.” - Moustafa Hamwi



Passion Celebration Sheet



at on / / 20

I am celebrating my passionate life.

I am at

With

Doing

I see

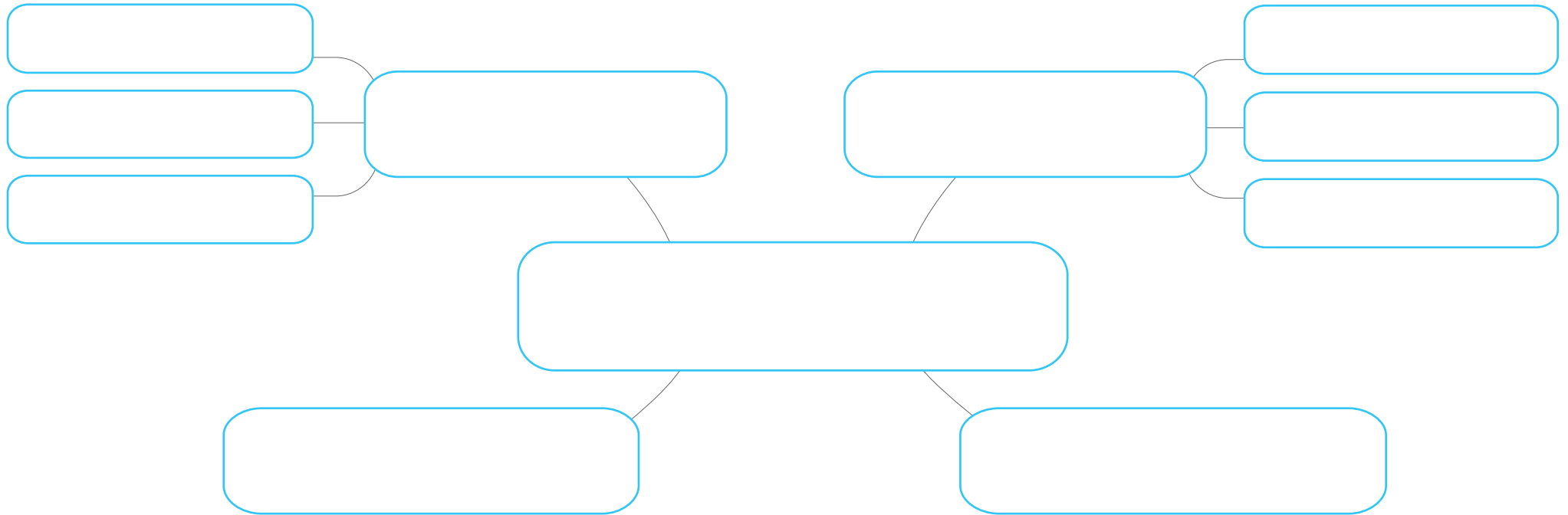
I hear

I smell

I taste

I feel

I





Milestone / Goal



.....

.....

.....

1

2

3

4

5

WHY

6

7

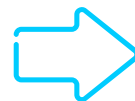
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goal based
on the
smarter goal
criteria

	Weak	Average	Strong
Specific			
Measurable			
Actionable			
Relevant			
Time-Keyed			
Exciting			
Realistic			



AREA OF LIFE

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Key Milestone



	The next 10 steps to achieve it are:	Deadline	Reward	Done
1	/...../20...		
2	/...../20...		
3	/...../20...		
4	/...../20...		
5	/...../20...		
6	/...../20...		
7	/...../20...		
8	/...../20...		
9	/...../20...		
10	/...../20...		

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A PROVEN PATH TO DISCOVER & LIVE YOUR PASSION



Celebrate



Passion & Motivation Clarity

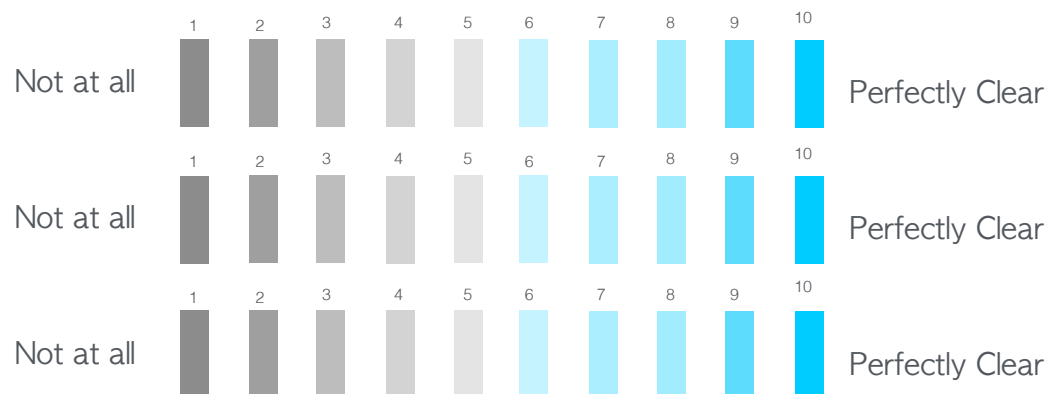


How clearly do
you know your
passion?

Now

Target

After

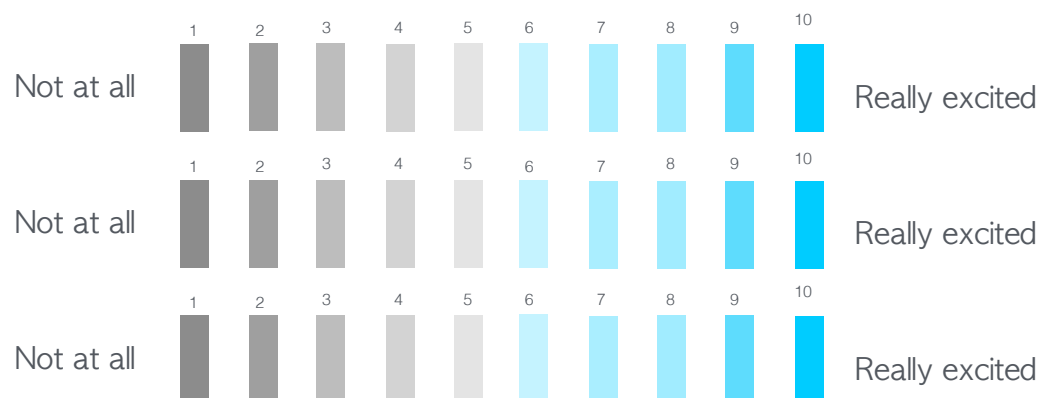


How excited
are you about
life overall?

Now

Target

After





I found my passion & got more clarity
OR further assurance on what makes
me tick.



☐ Yes, and I am fulfilled

KEEP
CALM

☐ No, the action step to make it a YES is

CAUSE

I'LL MAKE YOU
GLAD YOU CAME

to be completed by _____ / _____ / 20 _____



passionjourney

A PROVEN PATH TO DISCOVER & LIVE YOUR PASSION

Bonus 1

“Get To Your Goal” Coaching Follow-up Sequence



6 months worth of weekly emails & videos to help you make the next move and stay on track till you accomplish your goals and succeed in living passionately. This is based on the methodology of world's #1 Executive Coach Dr. Marshall Goldsmith.

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Did I do my best to...



Question	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Weekly Average
Did I do my best to set clear goals?								
Did I do my best to make progress towards goal achievement?								
Did I do my best to find meaning?								
Did I do my best to be passionate?								
Did I do my best to build positive relationships?								
Did I do my best to be fully engaged?								
Did I do my best to be grateful for what I have?								
Average								



Feed Forward Steps



A IDENTIFY AREA OF IMPROVEMENT

- ☐ Choose only 1 area that will make the most impact on your passion journey if you improved at it
- ☐ Write it down clearly in a question format: “How can I improve XYZ?”

B GET FEED FORWARD

- ☐ Call your passion tribe and get suggestions to help you move forward
- ☐ Listen carefully and take notes
- ☐ If you get the urge to respond just shut up and say “THANK YOU”

C THINK FORWARD

- ☐ Reflect on the suggestions and choose one that is most actionable for you (draft it into a SMARTER goal using the “goal sheet”)
- ☐ Draft an action plan to execute for the coming 3-4 weeks
- ☐ Call back each person who gave you input and update them on the final result

D MOVE FORWARD: EXECUTE



Milestone / Goal



.....

.....

.....

1

2

3

4

5

WHY

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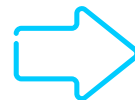
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