



Project Seven

What Ignites Your Fire?

We all have them. Those things that drive us, that inspire us, the things that make us feel alive and part of something bigger than ourselves. Our passions and joys burn inside of us for a reason. Once we understand that these elements of our lives are not just abstract thoughts, ideas or fleeting emotions and start to view them as parts of our essential “needs,” we understand that these are the very things that give us purpose. They’re all the things that truly enrich our human experience!

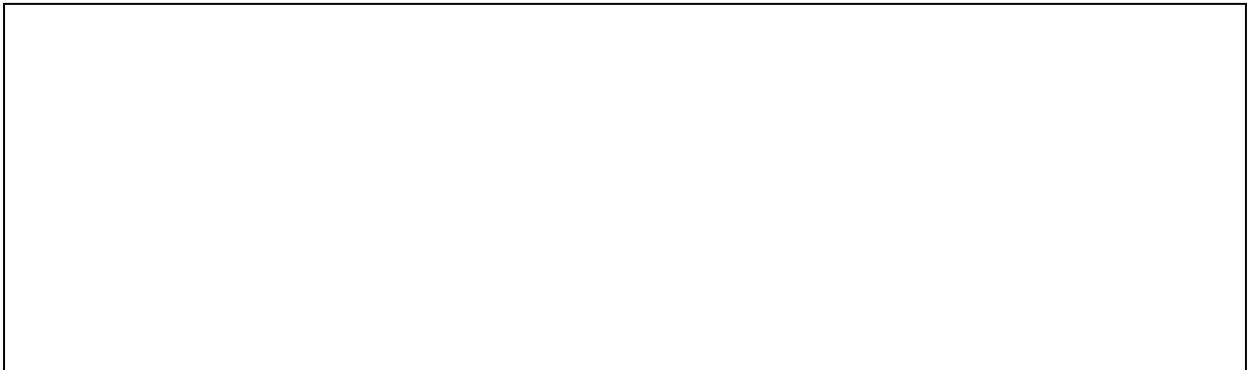
When we learn to recognize and make a committed point of implementing these passions in our lives in even the smallest, sometimes seemingly “insignificant” ways, it becomes easier to do so regularly. We become mindful of the joy these things bring us and why they deserve to be honored and a part of our everyday lives. This really is about slowing down to stop and smell your very own roses!

So go ahead and remind yourself of all YOUR true passions and starting now, let’s work towards making room for the things that make you happiest in life as often as possible!

Construct your master list! Nothing is too large or too small. This is a compilation of all the things that create true happiness within you. These are things that bring you to a place of excitement, inner calm, peace or bliss. Our passions show up in different ways, be sure to include the things that make you want to scream at the top of your lungs with joy and the things that bring you a quiet contentment within yourself or the world around you.



Amazing! Now jot down a few ideas about the things you notice when reviewing your list. Are your passions predominantly created by you? Are you noticing that a lot of these elements are simple, free of charge and could easily be included in your daily life?



Do you think incorporating these moments of bliss could be worked into your life more frequently? Are there reasons or circumstances in your life that have prevented you from allowing your passions in more often? Are these situations or circumstances ones you have the power to change or change your feelings towards?

List some simple actions you could take to incorporate these beautiful passions into your daily life? Be creative, living a life true to what ignites your fire is 100% worth it!

**“The things you are passionate about are not random.
They are you’re calling...”**