

PASSION TEST INSTRUCTIONS

You can take The Passion Test™ anytime. Just follow the instructions below.

First, make a list of at least ten of the most important things you can think of which would give you a life of joy, passion and fulfillment. Begin each one with a verb relating to being, doing, or having, which completes the sentence:

When my life is ideal, I am _____

Close your eyes and picture your ideal life. What are you doing? Who are you with? Where are you? How do you feel?

Now make your list and know that this is just your first list. If you follow our advice to take the Test every six months, you'll be doing this many, many times over the coming years, getting clearer every time. Don't censor. You don't need to know the how, just the what.

Make your list now – list at least ten, and as many as you want:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

Let your list sit for a while. Come back to it in a few hours or tomorrow. When you return to your list, compare the items on the list to identify which are the most important to you as follows:

- a. If you could have #1 or #2, but not both, which would you choose? Keep in mind that in making your choice, you are not losing anything. We ask you to compare the two items as if you could only have one of them. This is necessary in order to get in touch with what is most deeply important to you. In real life you can certainly have both.

- b. Continue comparing the one you choose with the next number on the list until you go through the whole list and then label the one you chose as #1. For example, if you compared the first item on the list to the second, and you chose the second, then you would next compare the second item to the third. If you again choose the second item, then you'd compare the second item to the fourth and so on, always comparing your choice to the next item on the list.
- c. Start again, compare each item which remains (don't include the ones you've already chosen), always keeping the one that's more important. When you get to the end of the list, label the choice remaining #2. Go through the list again and label the choice remaining #3, and so on until you identify your five most important passions.
- d. If you get stuck and can't decide which item is more important, then ask yourself, "If I could be, do or have #1 and not #2 which would bring me more bliss? Or, if I could be #2 and not #1 which would bring me more bliss?" State the choice so that it is clearly an either/or choice in order to be able to choose between them.
- e. Most people find their first impulse is the most accurate. Passion arises from the heart, and your heart's impulse is more likely to be closer to the truth than your mind's analysis.
- f. Be honest. Don't worry if your choices aren't what others think they should be. You don't have to show this list to anyone else. This is about what lights your fire, right now. The more closely aligned you are with what you truly love, the happier, the more attractive you will be to those you love and cherish. As a great teacher once said, "Happiness radiates like the fragrance from a flower and draws all good things toward you."
- g. Avoid the temptation to get to an item on your list that seems really important to you and say, "Oh, that's number one so I don't need to go through the rest of the list." We can't begin to tell you how many times we have taken people through the Test, had them say that, then discover things changed as they went through the complete list. So, go through the comparison process with every item on your list for all five of your top passions.
- h. Don't be surprised if the choices you make change, each time you go through the list. When you are simple and innocent going through the process without holding on to any agenda, your mind and heart will go deeper each time you go through the list. As this happens, it's not unusual for your choices to change as you continue.

If you want to get an idea of what some others have written for their Passion Test, go to:

<http://www.healthywealthynwise.com/ptresults>

And what was that mantra which is getting encoded in your DNA?

*When you are clear,
What you want will show up in your life,
And only to the extent you are clear.*

Magic happens when you are clear. You will find yourself saying, "That was the best experience of my life!"