



YOUR HOLISTIC ROADMAP IN 66 DAYS

**Welcome to week 1 of The FeelGoodX workshop.** We hope you are having a great week!

Let's recap what we focus last week

- We were able to reflect the areas that you needed to explore to have a better understanding of yourself and in finding your sense of purpose.
- We were able to examine your own values and goals
- Identify your strengths and weaknesses.
- Last week you're given to chance to provide yourself with an honest assessment.
- Recognized the barriers that are holding you back on knowing yourself and achieving your purpose in life.
- What different practices must take to point your life in the right direction by identifying your interest.

As we begin week 0, we introduce how to find your purpose. Today, you need to built GPS mecahanism and that's' your passion because it will keep you in alignment with your purpose. Its signal are communicated in bodilty sensaitons that is telling you are headed to towards your purpose. This passion is your personal comppas. Your passions will guide you on your purpose path by sending your body positive signals.

**Let's get this week by finding your passion**

## **Feel Good - Doing Something You Love Makes You Feel Better About Yourself**

"If you can't figure out your purpose, figure out your passion for your passion will lead you right into your purpose." – T.D. Jakes

It can also be an obsession—something that you can't get enough of. It's where you go in daydreams or what sometimes keeps you awake and excited all day

Passion can drive us to the best things that life can offer. It is an essential area of our lives, and you have to find your love for making you complete and you do it for a reason, one which is because of how it makes you feel good. When you were delighted doing something, it is a first step in finding your interest, and there's a clue of what you are passionate about. From this point, add some level of fascination and time to devote to it. Seldom people have different ideas about what passion is. But, passion is just our strong desires in life that help you to find your sense of purpose and do beautiful things to us. We draw our passions through our emotions and feelings.

You need to find the things that you are passionate about to feel the sense of fulfillment or achieve another kind of success in life, and if you don't have passion in your life, especially excited about what you are doing, it may be connected to your work or to your past time (hobbies). Do the simple or the sophisticated things that will find the opportunities to lead you to your passion. Find your passion, and you will find the true meaning of your life.

In the space below write down your own meaning of passion, or what it means to your life

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### **What Are The Things You Passionate About?**

“Passion is the fire that drives us to express who we really are. Never deny passion, for that is to deny Who You Are and Who You Truly Want To Be” – Neal Walsch

I am passionate about writing and reading. I am excited about being fit. I am passionate about helping people by volunteering. I am passionate about building a clean and safe environment. What are you passionate about?

My passions & interest

Actions steps towards my passion & Interest

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List all the things you feel good or enjoying doing. For example, working out, dancing, traveling, Photography, etc.

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What brings joy into your life?

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If there's one thing you can do in your life without feeling tired or bored and no money involve what is it?

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## Signs That You're Passionate About Something

Someone once said "the best investment you can make is in yourself" your life your responsibility – your choice to make things happen – investing or applying passion into yourself along with other positive development is always going to be a good investment.

You often take your skills or gifts for granted even you didn't notice you have that gift; however, the skills that you frequently use can indicate where the areas you're passionate.

How will you recognize if you passionate about something? You can always look around you and find some clues such as:

- A feeling of fulfillment
- A sense of excitement
- What triggers you?
- Activities you often do
- A burning desire
- A sense of inspiration
- A sense of security

When the last time you felt happy, excited, fulfilled, energized, and feel good?

Did you see any passion clues? What were you doing that time? Who were you with?

Passion clues

What were you doing that time?

Who were you with?

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## What Are You Proud Of?

“Hope you live a life you’re proud of. If you find that you’re not, I hope you have the strengths to start all over again.” – F. Scott Fitzgerald

Acknowledge your accomplishments. Often the things we are most proud of, reflect our passion and the things that give you meaning and purpose.

Think of the things you are most proud of? When did you feel a sense of achievement?

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## What Fuels Your Passion?

“It’s not hard to make decisions when you know what your values are.” – Roy Disney

Acknowledging your values can give direction and meaning to your life. These are the things that motivate you to try new things and love yourself more, i.e., volunteering, life coaching, working hard for the family. Etc.

Think of the things that help you to be satisfied, or energized

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# What If Your Passion Is Eagerly Waiting For You To Find It?

For you to find your passion, you must identify the areas that you are right and areas you are not. What are the things that you are comfortable doing?

What do you love to do without giving any effort to it, comes naturally? What skills do you dominate? Which of these strengths did you spend time building?

Areas that I am good at

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How did I obtained it? (learned or innate)

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Areas that I am not good at

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How can I improve in this area

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# What Makes You Feel Annoyed Or Frustrated In Your Past And Present Achievements?

List all the aspects that you find annoying or frustrating either in your present and past achievements. Then ask yourself “why” add think of a solution. This will increase your awareness about your accomplishments and how to deal with these frustrations.

What frustrates me	Why they frustrates me	My solutions to overcome my frustrations
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_____	_____	_____
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# What Sparks Your Passion?

“Don’t worry about the world needs. Ask what makes you come alive and do that, because what the world needs is people who have come alive.” – Howard Thurman

The Best way to spark your passion is to do the things worth feeling good. As simple as smiling at people or do some volunteer works, especially look for a way to contribute positively to the world with your god-given talents and skills. The fuel that drives your passion - It may be specific things, are there any ways you could use this fuel to benefit yourself and bring about positive change and on finding your purpose?

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do I want to bring value to people’s lives? What fascinates me? Who and what inspires me?  
What do I love do to?

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**Note:** You can write your insight about your strengths in your passion journal and review it regularly

Write down your own incantation for this week’s theme

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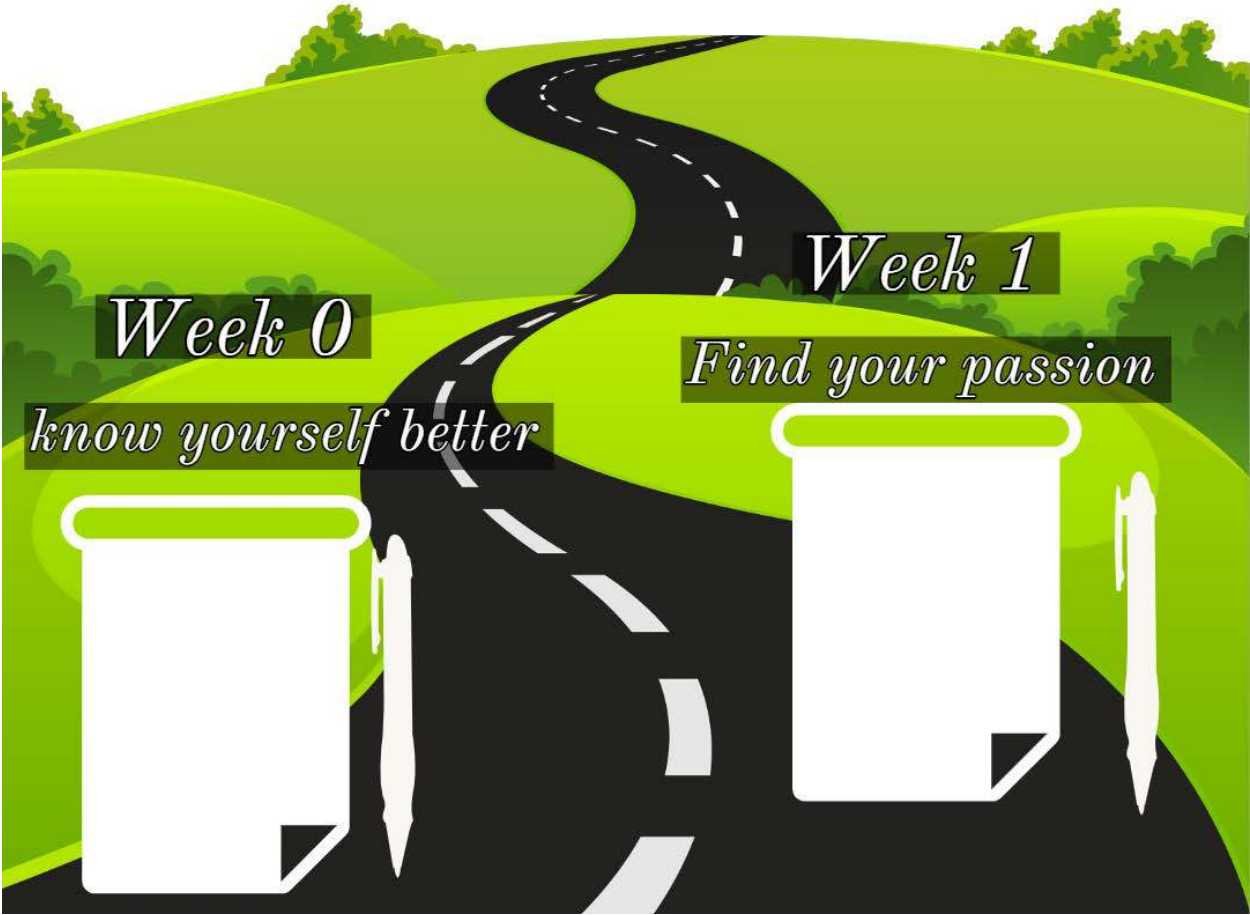
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This winding road is your guide each week. In the space below write down your own intention and three words, what you are excited for this week.



Here's a quick summary of what you have learned this week:

- Finding your passion can create your sense of wholeness.
- Doing you love makes you feel good about yourself.
- You have a better chance of becoming successful in your craft.
- By identifying that things you're passionate about it allows you to create new ideas and strategies towards your life goals.
- Overcome your obstacles in finding your passion.
- Extract fulfilment from what you do
- You feel satisfied
- Develop creativity