“How was your trip?” Chris asked.

“It was absolutely the best and most amazing experience of my entire life.” Janet replied.

“What happened?”

A perplexed expression came over Janet’s face.

“I must be flippin’ crazy!” she said.

You’ll hear Janet’s incredible story before this book is done. But first...
The Passion Test Exercise

You can take The Passion Test anywhere. 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? Be sure to cover all the different aspects of your life: career, finances, relationships, health, spiritual, environment, etc.

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.

If you get stuck, here are three things you can do to help get your passions flowing:

1) Think about all the different parts of your life and what is really important to you in each one. For example:
   a. Relationships – partner, family, friends, work colleagues and associates
   b. Career – what you love to do, what you are good at or others tell you that you’re good at, what skills you have, what you dream of creating
   c. Finances – what your ideal financial life looks like, how you choose to live your life, what you would really love to have or buy
   d. Health – what matters to you in terms of your physical health, how you’d like to feel, how you’d like to look, what you’d love to do or be able to do physically
   e. Spiritual Life – your relationship to God, to the Creator, your church, your devotional activities, your connection to the deepest part of your own soul
   f. Environment – what kind of environment do you love to be in, to live in, to work in

2) If you’re still stuck, think about anything you really hate, that you absolutely do not want to have in your life – then turn it around to the positive. For example, if
you never want to be with someone who lies, cheats and steals, then write your passion as the opposite. When your life is ideal you are surrounded by people who are kind, caring and have the highest integrity.

3) Imagine you have all the money you could ever want in your life. You can do, be, have anything you choose to have. Now, what is important to you? What would you do? Who would you be? What would you choose to have in your life?

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 chose 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 which you’ve already chosen), always keeping the one that’s more important. When you get to the end of the list, label the choice that remains #2. Go through the list again and label the choice that remains #3, and so on until you have identified your five most important passions.

d. If you get stuck and can’t decide which item is more important, then ask yourself, “If you could be, do or have #1 and never #2, which one matters most to you? Or, if you could be #2 and never #1 which matters most to you? 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 that 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, more fulfilled you will be. The happier you are, 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 that 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

If you haven’t already done it yet, order your copy of The Passion Test and read it (www.mypassiontest.com). Having identified your top 5 passions, the next step is to create your Passion Cards, then the book will show you some fun exercises to get even more clear.

Remember:

When you are clear, what you want will show up in your life, and only to the extent you are clear.

You’ll read how to score your passions on a scale of 0 to 10. As you look at each of your top 5, notice which ones have gotten your attention, and which ones have been ignored.

What you put your attention on grows stronger in your life.

The simple secret to living a passionate life is to consistently choose in favor of your passions whenever you are faced with a decision, choice or opportunity.

When the book arrives you’ll learn how to:

- Create your Markers
- Write your Passion Pages
- Make your Vision Board
- Prepare your 100th Birthday Speech
- Play the Appreciation Game
- Apply the 7 Keys to Living a Passionate Life

You can order your copy now at:

www.mypassiontest.com
**Practice:** During the coming month, keep your top 5 passions where you can see them whenever you are faced with a decision, choice or opportunity. Each time, consistently choose in favor of your passions and you are guaranteed to live a passionate life. If you find yourself unable to choose in favor of your passions, redo your Passion Test – there is something more important to you than what you wrote down.
Guidance from The Passion Test
Quotes from Janet Bray Attwood and Chris Attwood

Creating What You Choose to Have in Your Life

1. “When you are clear, what you want will show up in your life, and only to the extent that you are clear.”

2. "Whenever you are faced with a decision, a choice or an opportunity, choose in favor of your passions."

3. “You are not the General Manager of the universe. Your job is to stay open to new possibilities and let go of your concepts of how things should work out."

4. "Unexpected support begins to show up when you’re so aligned with what you’re supposed to be doing, doors open in ways you couldn’t have predicted."

5. "You are powerful beyond your imagination. You have created your life, and the good news is, if you don’t like it, you can change it. Remember, your life is created first in your mind, then in the world."

6. "You have no way of insuring you will achieve any goal in your life (the fruit of your action). The only thing you can determine is what you do, what action you take, to create the life you choose to live."

7. "Most of your life is about the process of creating, not the outcomes or results of that process."

8. “Once you’ve realized a dream or a goal, you’ll celebrate it, enjoy it, and then you will be back into the process of creating your next dream.”
9. “When your passions are clear, then you can create goals which are aligned with your passions and begin to create the life you choose to live.”

10. “You can never know what will show up in your life. You can only stay open to what is required of you in the present moment.”

11. “When you let go of the way YOU think things should be, and open yourself to the way they are appearing, you open yourself to the will of God, to the perfect organizing power of Nature.”

12. “Everything made by man is created first in someone’s mind, then it becomes manifest in the world.”

13. “Every single thing you can see which was created by man was an idea in someone’s mind at one time.”

14. “If you want to create the life of your dreams, it begins by writing your dreams down and getting as clear as possible about them.”

15. “Put your attention on all the good in your life, deal with situations which must be dealt with, and don’t dwell on anything which doesn’t support what you choose to create.”

16. “If you want to see how powerful you are, look at your life and what you’ve created, good or otherwise. It is your creation.”

17. “Here’s the good news, if you’re not happy with the life you’ve created, you can begin creating consciously now.”

18. “If you ever find yourself not wanting to read your passions, or review your goals, or go over your vision, it means you’ve been straining on these things, or there is an underlying fear that you can’t have or achieve what you have written.”

19. “When you write your passions in a way that excites you, when your goals are lofty yet achievable, when your vision is aligned with your heart’s deepest purpose, then these things will draw you naturally to them.”
20. “Your life will always be better than you can imagine it now because you are beginning
to consciously create that life. You ARE a Conscious Creator.”

About Passion

21. "What you love and God's will for you are one and the same."

22. "Passion is a journey, not a destination. Every day choose in favor of your top passions,
    and you will soon find yourself living a passionate life."

23. "When you’re passionate, you may not be good at what you’re doing in the beginning.
    But if you have to do it to follow your passions, then experience will make you good at
    it."

24. "Passion can be contagious. When people hear your passion, they want to be part of it."

25. "Anytime you’re following your passions, you’re going to be tested. Things will show
    up to test how much you care about something."

26. "When you’re passionate, you will be willing to fight for your passions, to do
    uncomfortable things, to take chances, to risk everything."

27. "When you’re passionate, failure is not an option."

28. "You will never feel truly passionate about something you do not have the ability to
    create in your life."

29. "Even if there is no one who has ever done what you are passionate about doing, there is
    abundant evidence of people who have been successful doing what others thought was
    impossible."
30. "Sometimes even when we discover our passions, we may have to do something else for a while to have the contrast which will allow us to realize what’s really most important to us."

31. "Happiness arises spontaneously when you love the process. Passions are about how you live your life. Goals are about what you choose to create in your life."

32. "Your passions are like breadcrumbs, leading you on to the path of your destiny"

33. "As you come to know yourself more deeply, your passions will change less and less over time."

34. "Discovering what gives meaning to your life and identifying your core passions, is a process."

35. “Get clear on what your passions are and the “how” will begin to appear.

36. “Your job is to clarify what your passions are. God’s job is to organize how they will be realized.”

37. “You will know you are aligned with your passions when things happen to you which others might find uncomfortable, distasteful, or undesirable, and they don’t even faze you because you are so driven by the fire inside.”

38. “Passion is a journey, not a destination. Every day choose in favor of your top passions, and you will soon find yourself living a passionate life.”

39. When you love the process of living a passionate life, the results will take care of themselves.”

40. “When you discover your deepest passions, you connect with the essence of who you are.”
41. “Passion will draw you irresistibly along the path of your destiny. It connects you with the most profound part of your own nature. When you are aligned with your passions, you will feel expanded, open, turned on.”

42. “Think about all the greatest people on the planet, past and present. Every one of them, without exception, loved what they did or are now doing.”

43. “To have absolute success in any area, the most important prerequisite must be that you have a passion for doing it!”

44. “Passion is the inner fire which propels you forward through the combination of love for what you’re doing and the inner sense of purpose which comes from connecting to one’s deepest passions.”

45. “The Passion Test requires you to face your inner life, and bring it out to the surface so you can examine it to clarify what is really most important to you.”

46. “The Passion Test is the magical key that will unlock those forgotten dreams which wait patiently in your heart for the day when you are finally ready to say, I am here to make a difference and the time is Now!”

47. “Passions arise from the heart. When you are truly passionate about something, you don’t have to try hard to put attention on it.”

48. “Fuzzy passions give fuzzy results!”

49. “Both passions and goals are valuable, and the first step is getting clear on your passions.”

50. “Passions are about process. Goals are about outcomes.”

51. “Follow your passions, be open to receive support from wherever it may come and you will find fulfillment is growing in your life.”

52. "The Passion Test is one test that you can never fail!"

Destiny
53. It takes courage to follow your own path. Surround yourself with people who support you in following your dreams. Avoid spending time with people who try to destroy them.”

54. “Living life aligned with your passions, your personal destiny unfolds naturally and effortlessly.”

55. “Destiny is a life’s journey. Passions change and morph over time as one comes to know and understand oneself more deeply.”

56. “As you follow your passions, you will find yourself drawn irresistibly onward until one day, you wake up and find you are living a passionate life, filled with a sense of destiny.”

57. “The deeper you know yourself, the more completely you are able to align with your personal destiny.”

False Beliefs

58. "When you choose in favor of things other than what is really important to you, you are making those choices because you are holding on to some false belief, false concept or false idea."

59. "Investigate what is really true for you, what YOUR passions are, and then begin choosing in favor of your passions.”

60. "Most of us have grown up with beliefs about what is “good” and what is “bad.” These beliefs are what we mean by the difference between “your will” and “God’s will.”

61. "As long as you hold on to what you believe is “good” even when it doesn’t feel good, you are saying, “I know better how to organize the universe.”

62. “No matter who you are, no matter what your situation, no matter what your handicaps, thinking that these things prevent you from living your passions are all simply false beliefs, false concepts and false ideas.”
63. “Abraham Lincoln lost election after election, lost his mother, lost his money, and on the surface appeared to be a failure most of his life until he was elected President of the United States.”

64. “You’re too old? Do you know that most millionaires are made after the age of 55? While he cooked chicken for years, it wasn’t until Colonel Sanders was 62 that he started Kentucky Fried Chicken.”

65. “When you ask your mind a question, it will search for an answer. If you haven’t believed you can live your passions, then ask yourself, what evidence can I find that maybe I CAN live my passions?”

66. “When you hear how John Assaraf started as a gang member, or how Neale Donald Walsch lived in the streets for some time, or how David Lynch discovered his passion by seeing how his friend’s father was able to make a living as an artist, or how Mark Victor Hansen survived bankruptcy, it helps you believe that if they can do it, you can do it too!”

67. “All of us are creating the circumstances and situations in our world constantly by virtue of the beliefs and concepts we hold as true.”

Life is a Gift

68. "As you begin to embrace the idea that life is here for your joy, that every moment is a gift, showing you the path to fulfillment, you will discover magic happening in your life."

69. "As your trust grows that things will work out well, the speed with which you manifest your dreams will increase dramatically."

70. "Life is here for our joy. Following the path of what you love means letting go of your concepts of what is best, and trusting that you are being led to what is best, not only for you, but for everyone else at the same time."

71. "Following your passions and learning to trust in the benevolence of the universe, that everything is being organized perfectly for you, is a journey."
72. “Be prepared to find blessings coming to you from situations and circumstances which may at first appear to be the opposite. Learn to look for the blessing.”

73. “Life is here to enjoy. The purpose of life is the expansion of happiness. When it appears otherwise, you are off the path of destiny. Look at your life and ask, “What do I need to change, to choose in favor of my passions?”

74. “As your trust grows that things will work out well, the speed with which you manifest your dreams will increase dramatically.”

75. “When you begin to look for evidence that life is ultimately kind, you will start to find that evidence. When you begin to look for reasons to believe that every experience is a blessing, you will start to find those reasons.”

76. “As you begin to embrace the idea that life is here for your joy, that every moment is a gift, showing you the path to fulfillment, you will discover magic happening in your life.”

Intention – Attention – No Tension

77. "What you put your attention on grows stronger in your life."

78. "Action Engages Attention."

79. “You draw more into your life of what you give attention to. When you put your attention on things which bring you joy, happiness, and fulfillment, you get more of that.”

80. “When you are presented with anything, give attention to the ideas, the principles and the concepts which resonate with you and which will serve you in improving your life.”

81. “It’s not action that creates the desired result (even though it may appear that way). It is your intention, directed through the process of attention that creates the result.”
82. “A secret to aligning with your passions can be found in one of the ancient Vedic texts of India: “Established in wholeness, in the state of calmness, of inner peace, perform action.”

83. “When the mind is calm, inspiration is natural.”

84. “Clarity is critical to success. Clarity leads to power—the power to act, which is the basis of achievement, fulfillment, and happiness in life.”

85. “Intention – Consciously stating what you choose to create in your life is the first step to manifesting it.”

86. “Attention – Your life becomes like that on which you put your attention.”

87. “Give attention to that which you choose to create in your life and it will begin to show up.”

88. No Tension – When you are open to what is appearing in this moment, you allow God’s will to move through you. When you hold tightly to your concepts of how things should be, you shut off the flow of life, which in turn prevents you from enjoying the fulfillment of living your personal destiny.”

89. “We create our life out of the things to which we give attention. And you attract into your life more of what you put attention on.”

90. “If you want more problems, more challenges, more unhappiness, then give attention to those things.”

91. “What you give attention to, every moment of every day, day in and day out, determines what is created in your life.”

92. “The great news is that where you put your attention is primarily a habit. Given about twenty-one days of consistently applying a new behavior, you can change any habit.”

93. “The power of intention and attention is what brings ideas into concrete form in the world.”
94. “When you have intention and attention with no tension, then the whole process becomes fun.”

95. “Intention is the conscious or unconscious choice to create.”

96. “Successful people know the secret—that they create their reality from what they put their attention on.”

97. “Your results will ALWAYS match your true intentions.”

98. “Your life will always express what is going on deep inside you.”

99. “If your results are out of line with your stated intentions, it’s time to do some self-examination.”

100. “Most people don’t pay much attention to what they are giving attention to.”

101. “You will find that by putting your attention on your strengths, how capable you are, the reasons you can accomplish your goals, fear will drop away and the results you desire will begin showing up in your life.”

102. “Most people unconsciously choose to allow their attention to go to the things they fear the most. And guess what shows up in their lives? That’s right. The things they fear the most.”

103. “When you become conscious of where you’re putting your attention, it is no more difficult than being unconscious about it.”

104. “When your thoughts are aligned with the deepest stirrings in your heart, then intention, attention and no tension are completely natural and effortless.”

Nature’s Guidance System

105. “Nature will guide you every step of the way when you listen to her messages.”

106. “Life is set up to keep you on the cosmic highway to ever increasing joy and fulfillment. You just have to notice!”
107. “The cosmic guidance system is always guiding you as long as you are open to being guided. When you feel contraction, stop and look. When you feel expanded, go forward with gusto.”

108. “Our suggestion is: be open to listen, test out new possibilities for yourself, and then use those tools and that knowledge which resonate with your own experience of life.”

109. “Everything in your life is structured for your evolution. The laws of nature which govern every aspect of existence, including our daily lives, are designed to support you in experiencing deeper aspects of your own nature.”

110. “When you realize that every part of your life is working to bring you closer to knowing your true nature more completely, then life can only get better.”

111. “Your future life will be the result of all the evolution and growth you have experienced between now and then.”

112. Your life becomes seemingly “worse” when you are intent on it appearing the way you think it should be.”

113. “Everything in your life is structured for your evolution. The laws of nature which govern every aspect of existence, including our daily lives, are designed to support you in experiencing deeper aspects of your own nature.”

114. “When you realize that every part of your life is working to bring you closer to knowing your true nature more completely, then life can only get better.”

United at Our Core

115. "The ultimate connectedness of all life is the reason that the more deeply you connect with your passions, the more joy you will discover comes from giving and serving others. Because in serving others you are really serving yourself."

For Support in following and monetizing your passions, go to:

http://www.thepassiontest.com