

# KICKSTART YOUR PASSION PROJECT



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Are you ready to explore what you might create for yourself in your life and work if you pursued your passion? Start with the 3 activities below. Set aside some time to discover and notice what unfolds as you engage in these creative endeavors. In the box below each activity, reflect upon what you uncovered for your reference. Use these insights to anchor in your vision for yourself and maintain your motivation and momentum.

## WHAT DO YOU CARE ABOUT?

### 1) *CREATE A VISION BOARD*

- This is an opportunity to build a visual representation of what you want to create.
- Gather pictures, images, words that speak to you. Allow yourself to be drawn to things. Put them to the side to come back to and notice what attracts you without any judgment.
- Select and put together those images that seem most inspiring and powerful.
- Create a collage as a reminder of what you are longing to create for yourself.
- Either cut out magazines and glue on paper for a more visceral experience or create a PowerPoint or Pinterest board if you prefer a digital variation. Choose the medium and format that speaks to you.
- You can choose to be as specific as you want (around actual things) or allow yourself to be more expansive (reflecting feelings and emotions). Be open to noticing what calls you.
- This process can also be as reflective and meditative as you want. For instance, you might want to do it in one sitting or gather images over time to let it emerge and evolve.
- Your vision board can be a source of ongoing inspiration. Consider putting it somewhere you can see it to reinforce your vision.

In creating my vision board, I noticed ....

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## WHAT DO YOU LOVE DOING?

### 2) *FOCUS ON YOUR “WORD(S)”*

- Get yourself into a quiet and meditative state where you can go within and reflect.
- Imagine yourself living your vision and see what comes to your mind. Just notice what arises. How do you feel? What do you want to create? How are you spending your time?
- Notice any words, feelings, colors, experiences or images that speak to you.
- How might you use these ideas as a source of ongoing inspiration for you?
- Can you use your key words to create a visual representation, affirmation or screen saver to use as a prompt or keep as a reminder of what you are longing to create.

My word(s) are ....

## WHAT ARE YOU GOOD AT?

### 3) *EMBODY HOW YOU WANT TO FEEL*

- Allow yourself to breathe, entering a calm, relaxed and meditative state (either standing or sitting). Get grounded to connect fully with the present moment and your experience.
- Reflect upon the feelings you want to have when you are living your best life and pursuing your passion. Notice where this lives in your body. Put your hand on this place to feel it.
- How might you connect with this feeling more often and use it to guide your choices?
- Connect with and bring up this positive feeling whenever you want to feel inspired.

I want to feel....

# LET'S WORK TOGETHER



Hi, I see you and want to honor your desire to create something new that resonates with your soul and can increase your growth and income. As a transformational coach for smart high achievers, my mission is to empower you to find fulfilling work that aligns with your values, so you can increase your impact and income. I see and honor the vision for what you want and will guide you to take the actions and embody the changes needed to create your new reality.

I bring a unique mix of business savvy, intuitive insight and multiple healing and holistic modalities combined with fierce compassion to support you in making the right choices to move forward with ease and accountability. Learn powerful approaches that can enhance your growth. I'm here to share experience gained over 30+ years as a former corporate executive, soulpreneur and transformational guide. I will help you pursue your passion and create the life and work you desire.

**CONVERT YOUR PASSION TO PURPOSE!**

*Lenore*

Schedule a COMPLIMENTARY STRATEGY SESSION here:

<https://calendly.com/growthwarrior/discovery>

Follow Lenore on Instagram

@lenorekantor or through her website ([www.growthwarrior.co](http://www.growthwarrior.co))

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