



The 7 Day Passion Quest

~ Capture Your Innermost Dreams & Desires ~

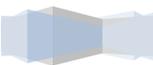
A favorite of my clients, my *7 Day Passion Quest* exercise will help set you free of restricting boundaries that have previously fenced you in ... in your thoughts ... in your dreams ... in your actions ... in what's often referred to as the "Writing on your wall" and in your own limiting beliefs. It will help you dig deep to discover what you are truly passionate about, and encourage you to narrow a myriad of contenders down to just a few to which you can give more deliberate attention and consideration.

Some complain the format of the quest forces them to choose between equally important passions. However, this is a quest of free will and choice. You are in charge of the journey. My focus is to help you identify your most rewarding destinations so you can then seek methods and means to help you move steadily toward them. Reaching them is but a bonus that you may or may not achieve.

Discovery is itself a wonderful journey.

There is no cost to pursue this Quest. Yet the rewards are immeasurable. Repeat the Quest as often as you like. Retrace past steps or forge new pathways. It's totally up to you. Your Quest, and what you discover about yourself, your passions, and what's possible, can change as often as you are willing to explore, set bearings, and step forward.

The *7 Day Passion Quest* differs from a Bucket List. That list most commonly refers to what you hope to do or achieve before you die. The Oxford Dictionary claims its origin



stems from the early 21st century and the phrase “kick the bucket”, and was popularized by the movie 2007 movie *The Bucket List* starring Jack Nicholson and Morgan Freeman.

It’s not a Wish List either, which is little more than a list of desired things or occurrences. The American Heritage Dictionary defines it as “an often mental list of things wanted or wished for.” Merriam-Webster goes so far as to state “a list of desired but often realistically unobtainable items.

The vital component of **passion** is missing from those definitions.

My favorite definition of passion comes from the online Urban Dictionary [urbandictionary.com] which explains it this way:

Passion is when you put more energy into something than is required to do it. It is more than just enthusiasm or excitement, passion is ambition that is materialized into action to put as much heart, mind, body and soul into something as is possible.

Prepare for your Quest

Do not let the simplicity of the instructions lull you into thinking this Quest is without hills and valleys and bumps and ruts. To complete each day will require motivation, determination, and perseverance. I encourage you to complete each day’s quest until you have reached and finished the instructions for Day 7. Be creative when you feel stymied. Be brave when you feel fear creep in and whisper a warning, “*Don’t put that down.*”

There are no wrong answers. No wrong pathways. Only discoveries to be made and challenges to be recognized.

Remember that you are in charge. Abandon the parameters of this Quest if you suddenly discover a passion quest you are ready and willing to explore right now. That’s happened



for several of my clients. One of them moved from stuck to fast-tracking it so quickly that I wondered for a moment if she'd get whiplash!

A few clients abandoned their quests for reasons they convinced themselves were true.

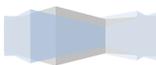
I just can't think of anything else. There's really nothing that I'm so passionate about need to write it down. I just couldn't handle it if my [mother, father, child, spouse, significant other, boss, best friend, worst enemy] ever found my lists and read them. Thinking about this just makes sad because I know I'll never get any of these things. None of this will ever come true. Etc., etc.

Unfortunately, those are folks who are still struggling to accept complete responsibility for their thoughts and actions. They've abdicated their personal power. They fear the unknown. And, that's fine. That is their choice. And though they don't acknowledge it, they are in charge.

Your Quest begins

Here are your instructions and the paths to follow:

1. Treat each day's quest as a separate journey.
2. Use a fresh sheet of paper for each day's notes. The new day's notes can be the same or different from previous days. However, do not look back at the previous day's notes until you have completed your notes for the current day.
3. Try to complete your notes for the current day in one seating. Give yourself a time limit, such as 15 to 30 minutes. Although they can be, nothing on your lists needs to be practical, believable, or even physically, mentally or financially possible.
4. Do not be hindered by time or space or means. If you cannot think of anything more to write, be creative. Be bold. Be adventurous. Fantasize. Have fun. Search your soul. Guess! You can even list something you feel is a lingering passion from a past life, or a passion you feel destined to pursue in a future life.
5. For each day, you will number down the left side of your paper following the specific details listed next to each day of the 7 Passion Quest. Next to each number write one passion you wish to pursue.



NOTE: I highly recommend that you write out your notes in longhand if at all possible. There is something magical that happens between the mind and the fingers while committing thoughts to paper. I also encourage you to keep your notes together for future reference.

The quotes for each day are merely to provide you with some insight and inspiration.

Day 1 – Create a list of 21 passions

“You’ve got to think about big things while you’re doing small things, so that all the small things go in the right direction.” – Alvin Toffler

Day 2 – Create a list of 18 passions

*“If you know what to do to reach your goal, it’s not a big enough goal.”
– Bob Proctor*

Day 3 – Create a list of 15 passions

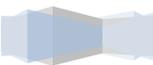
“Your time is limited. Don’t waste it living someone else’s life.” – Steve Jobs

Day 4 – Create a list of 12 passions

*“Imagination is everything. It is the preview of life’s coming attractions.”
– Albert Einstein*

Day 5 – Create a list of 9 passions

“The greatest danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it.” – Michelangelo



Day 6 – Create a list of 6 passions

“The intellect has little to do on the road to discovery. There comes a leap in consciousness, call it intuition or what you will, and the solution comes you, and you don’t know how or why.” – Albert Einstein

Day 7 – Create your final list of 3 passions

“Miracles start to happen when you give as much energy to your dreams as you do to your fears.” – Richard Wilkins.

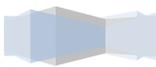
Final instructions

Look at your Day 7 list of passions. What single action could you take today that would get you one step closer to turning each passion quest listed from a dream to a reality?

As an example, look at one of my lists that I share at the end of this document. See what’s listed for number 12? Neither Disney nor Pixar are knocking on my door or calling to set up an audition appointment for me to star in their next blockbuster animated film. But I set the intent to keep my eyes and ears open for an opportunity to take a single action step. This summer (2013) I jumped at the chance to be an extra in a music video short called *How I Caught My Cold* being filmed in Port Austin, Michigan, starring Heywood Banks. Sure, it’s not the same as doing an animated character voice-over, but my entertainment networking circle grew by association and who knows what my next action step opportunity might be.

Review what’s listed on your other days. Do they hold the same passion for you as when you first wrote them down? Are you ready to commit some time and resources if necessary to taking a positive action step?

Return to your Passion Quest lists from time to time. What has changed about them for you? What action steps have you taken or avoided or ignored? Reevaluate your passions.



If your current list no longer holds the same excitement, curiosity, even touch of fear of pursuing for you, consider starting a fresh 7 Day Passion Quest starting with Day 1.

Want some one-on-one help identifying your passions, planning your action steps, or moving past overwhelm, frustration and being stuck? Contact me via rockingyourpath.com and request a complimentary *My Next Step* Discovery Session. Or email me at: kat@rockingyourpath.com

Here is an example of one of my Day 3 Passion Quest lists.

1. Shine from the inside out with clarity of purpose
2. Be undeniably healthy and energetic
3. To feel financially secure
4. To be financially secure
5. To have a close relationship with my two adult children again
6. To be able to donate a minimum of \$30,000 per year to Handbags of Hope, a grassroots charity founded by friends that benefits teens and survivors of domestic violence
7. To visit each continent at least once, all 50 US states, each Canadian province, and as many countries with diverse cultures and environments
8. To ride an elephant in Thailand
9. To be recognized at national and international levels as an accomplished author, speaker, mentor and intuitive
10. To have time and resources to expand my flower beds, restock goldfish pond, and maintain seasonal garden
11. To reconcile with ex-husband who refuses any contact; or perhaps more accurately to experience his forgiveness
12. To do the voice of a character in a major animated film or documentary series...just for the fun and experience of it
13. To explore a diamond mine in South Africa.
14. To make friends with a real giraffe
15. To sing on key a whole song in a stage musical

More quotes to fuel your passion quest

“He slept beneath the moon, he basked beneath the sun. He lived a life of going-to-do, and died with nothing done.” – James Albery

“The only way to rock your path is to be walking in your own shoes.” – Kat Sturtz





View it on YouTube:

http://youtu.be/Evq_h0XcnSE

About Me - Kat Sturtz

I've been down plenty of bumpy roads ... survived some *deep* scary ruts ... but never gave up, and now I'm rocking my path.

An experienced business and writing coach, I'm also an award-winning author, practical intuition expert, fun-loving and, yep, bit quirky.

My passion is helping folks who have **BIG** and **BOLD** dreams start rocking their paths, too. The sooner, the better.

But first, they must be ready for change and committed to taking responsibility to make things happen.

Does that sound like you? Then let's plan to talk soon.

Visit www.rockingyourpath.com or Email me at kat@rockingyourpath.com

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