

# PASSION PURSUIT

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Your Blueprint for Finding & Following Your Passions



Passion Pursuit ©

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## COURSE INTRODUCTION



What did you do yesterday? You had a plan, even if it was your day off from work and your goal was to do nothing. It had structure.

The human brain views structure, order, and discipline as ideal goals. They keep stress and anxiety at a minimum. This is perfect because stress is directly linked to the most

common causes of death around the world. Structure your day with repetition, predictability, and routines; you'll stress less and be healthier in your mind and body.

This sounds simple enough. The problem most face is that their schedules are so full that they have little room to pursue their passions. If they're lucky, they can squeeze in a couple of hours once a week.

They convince themselves that they must work long and hard today to pursue their passions when they are older. The daily demands of work and raising a family take all their attention. Unfortunately, most never achieve their dreams.

Don't get us wrong, you can live a good life without passion, but it won't be your best-ever life, and that's what we want you to achieve – living your best life.

When you find something that charges your emotions, you have a reason to get out of bed every morning. When hardship enters your life, it's not that

problematic. There is a passion that moves you through your daily routine because you are now living with purpose.

That type of emotional state allows you to live a life of fulfillment. Your previously decent, if boring and unchallenging, day-to-day life now really means something. Each day, you feel you are thriving rather than just existing.

Thriving in life is the reality this course can help you achieve. Let's take a quick look at the modules in the course.

**Module 1: The Power of Passion.** In this module, you gain a working definition of passion and the various forms of passion. You'll learn why passion is essential for getting the most out of life. The module closes by exploring methods of discovering the biggest motivators in your life.

**Module 2: Discovering Your Passions** involves reflecting on what brings you joy. You'll identify the personal strengths that can move you closer to realizing your dreams and learn how visualization can speed up that process.

**Module 3: Overcoming Barriers to Your Passion.** Here, we'll show you how to spot external and internal challenges to pursuing your goals. You'll learn proven methods for overcoming anything that threatens your passions.

**Module 4, Living Your Passion,** covers integrating chasing your dreams into your daily routine. You will learn ways to ensure you stay motivated and keep moving forward to achieve your dreams.

Your path to living a life fueled by passion and rewarded with fulfillment begins now.