

Awakened Living REFLECTIONNAIRE

Here's a quick way to gain insight into where you are putting your energy, and how you can put more energy into doing what you love! Write down and reflect on your answers to these questions. I call this my *Reflectionnaire*. Let's get started!

What am I passionate about?

What really annoys or frustrates me?

How much energy do I spend thinking about what annoys me versus what I'm passionate about?

If you are spending more energy (e.g. time thinking about) your passion, you are on the right track! But all is not lost if the things that frustrate you often come to mind. Did you know that **what frustrates you reveals your values**? For example, if you can't stand people being late, you might really value your time, or maybe it's about respect. Write down some of your values, and reflect on where they might have come from.

**What is my
secret dream?**

What would it feel like to live that dream?

What could I do to move even one step closer to living that dream?

GO FOR IT!!!