MODULE 9

passion, pleasure, play and *hobbies*

JIMMY'S WAY

Look - we know this sound a little out there - but trust us. Your body is smart. This is a super simple trick to tap into its wisdom. All you have to do is…

1. Stand up.
2. Take a breath or two and get your balance.
3. Say quietly to yourself "My name is <insert your name>."
4. Notice - did your weight shift and balance change?

> *"My weight shifts and I start to lean forward."*
> *- Max*

Great! This is your YES. Now let's find your NO.

This time - quietly ask yourself a question you know the answer to is NO. It can be "My name is Marco Esquandolas (or any fake name of your choosing)." It can be "I am sitting down." If you are inside it can be "I am outside." If you're wearing socks it can be "I am barefoot." The simpler the question - the better.

Did your weight shift and balance change?

> *"For me, my weight shifts into my heels and I start to sway backward."*
> *- Max*

Ok! Now that you know your NO and your YES - it's time to go through your WishList. For each item, ask yourself "Is <insert item> a passion?" and see what happens.

LYNDSEY'S LIST

Right here. Right now.
Bam-bam-bam-bam-bam
What are your 5 favorite things?

1. _____
2. _____
3. _____
4. _____
5. _____

BEST DAY OFF EVER

This isn't the day off you're used to having, the one full of paying bills and doing chores. We want you to imagine the perfect one.

The weather cooperates. The people in your life cooperate. Your cranky knee cooperates.

When all the work is done, and all your obligations met, and the is day is 100% yours, what does it look like?

MORNING	AFTERNOON	EVENING

HOBBY HELPER

This exercise is simple. You probably have some themes running through your WishList. Let's find them! Open up your WishList. Read it. Are some items similar to others on your WishList? Group the items that go together. Use the chart below.

Put each grouping of activities in its own row. Once your whole WishList is sorted - look over each row. What word or a phrase would make a good title for that grouping? Write it in the space below. There's a good chance this is/could be a hobby. (Examples of group names - travel, music, family, golf, etc.)

GROUP TITLE

GARY'S QUESTIONS

No. You probably aren't sitting in his office. But here's a place you can answer Gary's questions!
When you retire - what does your first day look like?

What does your first week look like?

What does your first year look like?

EXTRA: GROWING DOWN

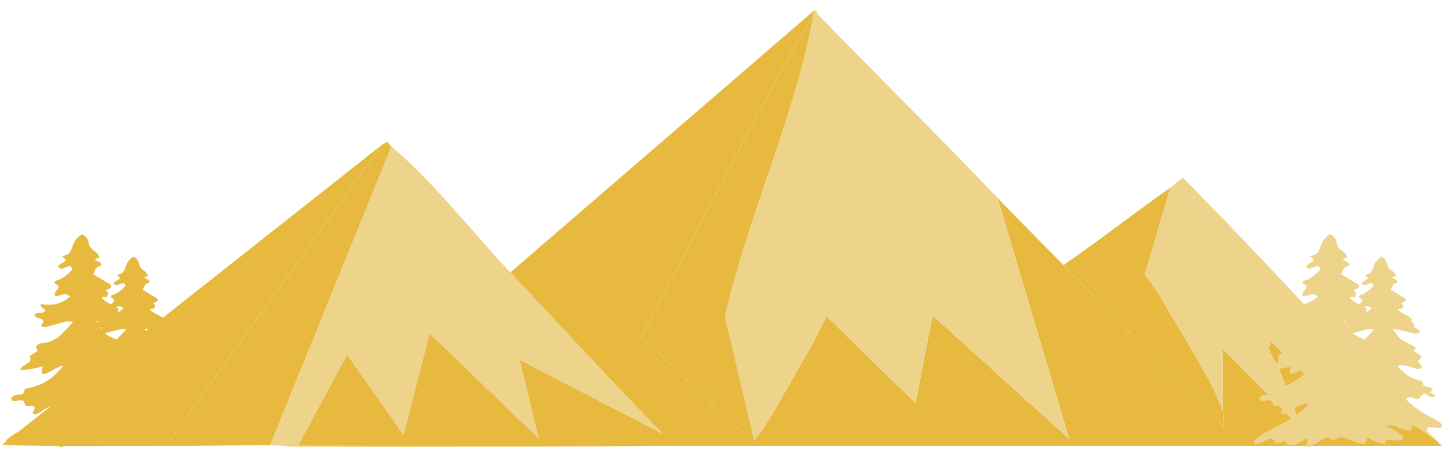
Real quick. No second guesses or judging. When is the last time you felt like a kid? What were you doing?

I WAS...

What else makes you feel like a kid?

GROWING DOWN

As you go about your life, anytime you're doing something and you suddenly think to yourself, "I feel like a kid," put it here.



✸ EXTRA: PASSION FILTER

If Jimmy's Way didn't work for you - here's something else you can try. It, too, involves paying attention to your body. This time we're paying attention to your knee-jerk reactions.

Go to your WishList… Here's what we want you to do:

1. Close your eyes.
2. Take a deep breathe or two.
3. Sink your awareness into your body.
4. When it's there - open your eyes and say aloud the first item on your WishList.

Now - quick - what did you notice in your body when you read it? What reaction did you have? Goosebumps? A jolt of energy? Did you yawn and feel tired? Did an emotion come up? Which one? Whatever you noticed in your body - make a note of it here.

WISHLIST ITEM	YOUR RESPONSE

Repeat the steps for each item on your WishList. Be sure to close your eyes and recenter before testing the next item on your WishList. Otherwise you may pick up on your body's previous response.

Ps - Don't forget your Loves from Module 8. Those are probably Passions. Also - use the insights at the end of the section if you run out of space.

"If you read an item on your WishList, and you just can't bring yourself back to that neutral place - that's not only okay - it's great! Whatever is holding your attention, is probably a Passion."

- Max

EXTRA: YOUR PASSIONS

Congratulations! You've done a bunch of work. You've come up with tons of things you like to do. Let's put them all in one place so they are easy to find!

THESE ARE SOME OF MY PASSIONS

INSIGHTS