



DISCOVER YOUR PASSIONS

Start here. These reflection questions help you reconnect with what actually lights you up — not what others expect from you.

Take your time. Breathe. Answer honestly.

Questions to explore:

- What activities make you feel alive?
- What do you never get tired of talking about?
- What could you spend hours doing without noticing the time?
- What did you love doing as a child?
- What do people naturally come to you for advice or help with?

Mini Step:

Pick 1–2 answers that feel the most “you.”

Those are your strongest passion clues.



ORGANIZE YOUR PASSIONS

You’re allowed to love many things.

This section helps you bring clarity and balance — without overwhelming yourself.

Use this simple 3-part method:

1. Seasonal Passion

What you want to focus on most during this season of your life.

2. Signature Passion

The one passion that always stays with you — your core identity.

3. Support Passions

The smaller things you love that support and inspire you.

Mini Exercise:

Write down:

- 1 Seasonal Passion
- 1 Signature Passion
- 2 Support Passions

This creates your personal Passion Map.



Your passions grow when you give them small, consistent energy.
You don't need hours – just intention.

Try these simple weekly steps:

- Spend 10 minutes this week on ONE passion
- Learn one tiny new skill this month
- Set one small goal that feels exciting
- Celebrate every inch of progress
- Share your growth with someone who supports you (or inside the Gem Glow Community)

Weekly Challenge:

Do one thing this week that makes your heart glow.