

IGNITE YOUR FIRE WITH THE

5 PROMISES

PROMISE 1

I Will Live and Work a Passionate Life

Write down at least one passion from the earlier exercises. Do it, even if it's only a spark.

How do your passions relate to what you do now? Calculate the time you spend each day living and working your passions. If it's less than 75 percent, how can you increase that time?

PROMISE 2

I Will Go for It or Reject It Outright

What holds you back from living your passions? Is it physical, mental, emotional or financial? Is it driven by adverse responsibilities or relationships? How can you eliminate or minimize the obstacles?

PROMISE 3

I Will Take One Action Step a Day Toward My Passionate Vision

What one action will you take today toward living your passions?

PROMISE 4

I Commit to Being a Success Student for Life

What do you need to know to pursue your passions? How can you obtain this knowledge? When will you commit to learning it?

PROMISE 5

I Believe as a Woman I Really Can Do Anything

Recall a passion that fired you up, however briefly. List three principles you can take from that to your next, bolder passion.

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