



REFLECTIONS



Stoke Your Fire HOMEWORK FOR EPISODE TEN

In this episode of the Dauntless podcast, we heard Jamie Arnold, aka Polly Rockett, describe her desire to believe in something big. She found that passion via music, art and literature- but it's an idea that she holds onto to this day. She's constantly asking herself:

- What are you fighting for?
- What are you screaming about?
- Where are you going to go next?

So for this homework, we're switching it up a bit. Instead of giving you a worksheet of sorts, we're providing you with a list of mantras that can keep you on track for holding on tight to your passion. Then, we're following it up with a few self-reflection questions for you to dig deep on your passion.

But why mantras?

Mantras are simple words or phrases that can help you to meditate or to stay focused. Just the simple act of truly focusing on a phrase can work through your mind like a laser- enabling you to hone in on and embrace the very attitude that you need the most.

Read over the mantras below and see which ones resonate with you. Pick one to three, and commit them to memory. Or if that's not working out for you, then make a note in your phone or write it on a little slip of paper and place it somewhere you constantly see it. The point is to say the mantra out loud (and that's key) at least once every single day.

The Mantras

I feel an intense flame of passion for things that interest me.

I am where I want to be in my life. My passion is real and it is within me.

I surround myself with like-minded, passionate people and engage in projects and work that inspire and motivate me. I am thankful to be able to love what I do, and do what I love.

An intense fire within my heart ignites me. I know with great certainty that my passion will never escape me and can never be taken from me. **My passion is deeply ingrained within me and cannot be disturbed.**

At times it may be challenging to stay focused. I strive to stay on course through thick and thin, regardless of criticisms, distractions, or obstacles. I let my intense passion rise within my soul and it sends me soaring to new heights.

I feel alive and vibrant. I am inspired and elated. **I am on the highest level of stimulation.** My emotions are stirred and so is my talent.

I thrive on the emotional boost I feel when I indulge in my passion and purpose.

I am doing what I was created to do. It gives me pleasure to know that my passion is someone else's treasure. What a purpose-driven life I have!

Self-Reflection Questions:

1. What can I do to stay passionate?
2. How can I help others become passionate?
3. How will I nurture my passion to keep the flame strong?