

Secrets of the Masters: Chris and Janet Atwood



About Your Passions

What we say is that your passions are the clues to your mission or destiny. They are the keys that unlock the door to your purpose, the reason you were put here on this earth. For anyone who is in the process of defining their ultimate vision, their ultimate mission and purpose in life, from our perspective, passion is the place you have to start.

Passion is not lust. Passion arises from deep within the heart. It is the connection with our soul. It's that thing which draws us irresistibly along the path of our destiny. It connects us with the deepest part of our selves.

On the other hand, lust is born of desire. It arises from some sense of lack. There's something that we're trying to make up for. When we lust after something, then we're trying to fill ourselves up. We're trying to fill some void, make up for something that we feel is missing from us in our life.



About the Passion Test

The Passion Test began about 20 years ago, when Janet was working in a dead-end job. Out of that experience came a simple effective, powerful means for getting clear about what are the things that are the most important to you in your life.

Janet on How It Began

I read about a survey that had been done with the hundred most successful people in the United States. They found that all of these people had one thing in common: All of them had fulfilled the five most important aspects that felt they needed to enjoy an ideal life.

I thought, gosh, if I could figure out the five most important aspects for me, I would live my five most important passions. That was the birth of the Passion Test.

At that point, I was just doing it for me. I wasn't thinking, "Oh, someday, I'm going to go out and speak to thousands of people and train them on passion." That wasn't it. I was trying to dig myself out of the little wallowing hole that I was in.

Taking the Passion Test

This is a shortened version of the process that Chris and Janet take people through. You can get more information about the test at www.thepassiontest.com.

Write down the answer to the follow statement, and keep writing down answers until you can't think of anything else to add.

When my life is ideal, I am _____.

Some examples from the Atwoods' book are:

- ✓ living in a beautiful home
- ✓ riding successful mystery novels
- ✓ working in a nurturing environment with lots of plants and light
- ✓ enjoying perfect health
- ✓ having fun with everything I do
- ✓ spending lots of quality time with my family
- ✓ enjoying great sex on a regular basis
- ✓ working with a supportive team of people who share my values.

Think in different areas of your life – your relationships, your family, your career, your finances, your health, your spiritual life, all the different aspects.

If you have a hard time coming up with answers to the statement, try using these criteria:

- ✓ the things you love the most,
- ✓ the things that mean the most to you
- ✓ the things that are the most important in your life

Once your list is complete, score each item to prioritize it. You can make a first pass by noting each as either A,B, or C, then going back and put all the A's in numerical order. The goal is to identify your top five.

When you have the top five passions of your life right now, it's time for...

The Next Step

Start acting on those things. The secret of a passionate life is this: Whenever you are faced with a choice, decision, or opportunity, you consistently choose in favor of your passions. That is, you consistently choose in the favor of the things that are most important to you, which are the five items you just identified.

When you choose in favor of your passions, you'll find that the people, places or things that you need in order to live that passionate life start to show up.

Keeping It Going

We are all like onions. We are peeling the onion and peeling the onion and getting closer to ourselves and closer to ourselves. The closer we get to who we are, we get closer to what we are here to do. Because we start out unclear and may have to move through some realizations before we get to the truth of our passions, we suggest that people take the Passion Test again and again and again every six months at least, perhaps as often as once a week.

Chris and Janet take the Passion Test every six months because "what we discovered is that getting clear on those things that are most important right now, that gives us a perspective on our vision, a perspective on why we're here."

For more on The Passion Test and to purchase the book, go to www.thepassiontest.com.