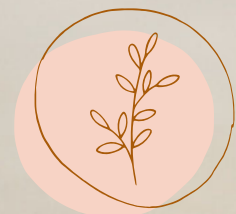


Clarifying your passions and purpose

Coming Out Gold Podcast
with Coach Tammy



RS Coach and Strategist

Step one: Answer these questions

What do you long for

Who is the old you?

Who is the new you longing to be?

What are you good at?

What do you love?

What do other trusted people say you're good at?

What makes you angry?

What breaks your heart?

What brings you peace?

What recharges you?

What drains you?

What do you dream of doing with your life?

What would you do if money wasn't an issue?

When did you last feel your most authentic self?

Take your "do" off the table and ask yourself whom do you want to BE?

If in 10 years you were living your ideal life, what would it look like?

Whom would you be? Consider all areas of your life.

Is what you are creating with your life marked by anxiety and stress or peace and joy? If anxiety and stress, what can you change to live in peace?

What kind of world do you want to live in? How can you move toward that being a reality?



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Step two: Dream

Set a timer for 15 minutes and let yourself dream of what it would be like to live your ideal life. Make it very real as if you were watching a scene in a movie. Feel the feels. Smell the smells. See the colors. Hear the voices. Taste the flavors. When the time ends notice how you feel and then take some time ponder how you could change your daily life to move you toward the possibility of making this a reality.

Step three: Practice

Take a class on something you have long wanted to try. Read a book to read more about something you are interested in. Volunteer somewhere doing work you are passionate about. Get busy participating in things that spark life inside you.

Step four: Take action

Make a plan to take small, realistic steps that will ensure the end of your story is one you are proud of, one full of purpose and passion and love.

**GO GET YOUR DREAMS, LOVIE!
THEY ARE WAITING FOR YOU
AND YOU DESERVE THEM!!!**



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