

# TRAINING 2

## THE 3 MYTHS & TRUTHS OF PASSION

BY MEL ROBBINS



WHAT WOULD  
FEELING **ENERGIZED**  
EVERYDAY LOOK  
LIKE?

### THE 3 MYTHS & TRUTHS OF



#### 2 WE ASK THE WRONG QUESTIONS

WRONG QUESTION: **WHAT** AM I PASSIONATE ABOUT?

→ IT DIRECTS YOU TO FIND AN ANSWER THAT'S **OUTSIDE** OF YOU.

RIGHT QUESTION: **WHEN** DO I FEEL **PASSIONATE**?  
**WHEN** DO I FEEL **ENERGIZED**?

→ IT MAKES YOU LOOK FOR AN ANSWER **INSIDE** YOU

#### 1 LOOKING FOR PASSION IN THE WRONG PLACES

FACT: **PASSION IS NOT A**

- PERSON,
- PLACE,
- OR THING

→ IT'S A MISTAKE TO THINK THAT THERE IS A SINGULAR JOB, PERSON, HOBBY, PLACE THAT WOULD SOMEHOW BRING PASSION TO YOUR LIFE

**PASSION IS NOT OUTSIDE OF YOU!**

PASSION IS A STATE OF BEING. IT'S INSIDE OF YOU. PASSION IS ENERGY.

→ WHEN YOU'RE LOOKING FOR MORE PASSION, YOU'RE ACTUALLY LOOKING FOR **MORE ENERGY**

### 3 TRUTHS ABOUT PASSION

#### 1 PASSION IS ENERGY



#### 2 ASK: "WHEN DO I FEEL ENERGIZED?"

#### 3 PASSION IS SOMETHING YOU CREATE

### 3 MISTAKES ABOUT PASSION

THERE WILL BE DAYS WHEN YOU FEEL DEPLETED BUT YOU MUST LEARN **HOW TO NOT GIVE YOUR POWER AWAY!**

→ WHERE DO YOU FEEL **DEPLETED**?

→ IN WHICH AREA OF YOUR LIFE DO YOU **WISH YOU HAD MORE PASSION**?

WRITE DOWN:

"I WISH I HAD MORE PASSION IN MY \_\_\_\_\_."

#### 3 PASSION IS WAITING TO BE FOUND

FACT: PASSION IS STH. YOU **CREATE**

→ YOU ARE FULLY IN CONTROL

### THE FORMULA FOR PASSION

DO MORE OF WHAT ENERGIZES YOU & DO LESS OF WHAT DEPLETES YOU



DEPLETED

ENERGIZED

### THE PASSION GAUGE

IT'S LIKE A FUEL GAUGE IN YOUR CAR

→ HELPS YOU **MEASURE** YOUR **ENERGY LEVEL**

→ CHANGES THROUGHOUT THE DAY

→ HELPS YOU FIND **CLARITY** TO MAKE THE CHANGES THAT WILL MAKE YOU FEEL MORE **ENERGIZED**

→ PAY ATTENTION TO **HOW YOU FEEL**

→ LISTEN TO YOUR **INNER WISDOM**

### IT STARTS WITH YOU!

• YOU'RE NOT GOING TO **EVOLVE** YOUR LIFE FROM A STATE OF BEING DEAD!

• UNDERSTAND THE **DIFFERENCE** BETWEEN BEING A **PASSIONATE PERSON** VS. HAVING A **JOB** THAT EXPRESSES THAT PASSION ABOUT YOU.

• YOU NEED A BREAKTHROUGH ABOUT HOW YOU CAN BECOME MORE **ENERGIZED** IN YOUR DAY TO DAY LIFE, SO YOU AS A HUMAN BEING ARE **SHOWING UP** AS A MORE **POWERFUL** & **PASSIONATE PERSON** EVEN AT A JOB THAT YOU HATE.