

TEN STEPS TO IGNITE YOUR PASSION TO BE YOUR PERSONAL BEST!

First, make several copies of this worksheet. Choose one step to use as an affirmation to ignite your *passion-performance moment*. Cut and paste it in a location where you see it everyday for at least a week. Repeat the process for no less than six steps over the next six weeks. Of course, you can continue the process for all ten steps.

10 Steps	
1. The fun of finishing	It is that sense of knowing that something has an ending, and that you will get there. You get a clear sense of this when you're knitting, for instance. You work away while reading a pattern, and while you're enjoying yourself something begins to take shape. Before you know it, a sweater or hat is made and your work is done!
2. The fun of focus	This is when you concentrate so fully on what you are doing, and are so immersed in it, that you aren't thinking about what you have to do next, or that you have more important things to do.
3. Trust in the process	Artists are often in flow, and they have a special way of talking about what they do. When Rodin made his incredible sculptures, he said that he took a piece of marble and chipped away until enough was gone.
4. Joyful physical feedback	It is especially pleasurable when you are doing a task and there is immediate sensory information. For example, when you're knitting, you can feel the wool or cotton yarn running over your hand.
5. Being in comfortable command	Bliss will be blocked if there is a feeling of being out of control. When we are at our personal best, we feel in control, but not controlling.
6. Recreational work	Personal best activities don't seem like work at all. This happens when you lose yourself in the task and become one with it. It's a matter of <i>being</i> the work, not <i>doing</i> the work.
7. Timeless pleasure	You lose all sense of time. No drinks of water, no trips to the kitchen for food, no phone calls. You sit down to work and look up and it's five hours later!
8. We get the most out of it when we are least aware of trying to get the most out of it	If we concentrate on reaching our Personal Best Zone, or intentionally try to attain it, we ruin it because we've let our will and Self intrude between the action and ourselves.
9. We get the most for ourselves by giving of ourselves	When you give yourself over to the task and become lost in it, that is the point at which you are <i>in flow</i> and receive all the benefits that come from it.
10. We can let it happen	If you are open and allow it to take place, without trying to make it happen, it will happen on its own.

Adapted from CoachVille Top Ten at www.coachville.com