



# **Passionate Life Summit**

## **Work Passions, Visioning, and Self Inquiry**

### **2011**

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[www.thepassiontest.com](http://www.thepassiontest.com)



*The 3 Keys to Creating Anything You Choose to Have in Your Life:*

**Intention**

**Attention**

**No Tension**

**Intention:** Consciously stating what it is you choose to experience in your life is the first step to manifesting it. This is about being clear about the ‘**what**’.

**Attention:** Your life becomes that which you put your attention on. Give attention to that which you choose to experience in your life, and it will begin to show up. Action engages attention.

**No Tension:** An openness to what is appearing in the moment, allows life to flow. Acting from a place of inner calm, not flustered or worried. Doing everything you can think to do, and then let it go. ‘Let go’ and let life take care of the ‘**how**’.

***Set Your Intention for Today:** You have the power to determine what you will get out of today’s training. Take a moment. Imagine that the training is complete and you are walking out of the room feeling like the time you spent was incredibly valuable for you. What will have happened to create that feeling?*

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**Your Passionate Moment**

Write out what you were doing, how you felt and what were the characteristics of a project, job or activity when you felt fully engaged, on fire and passionate about something. When have you been “in the zone? How did that feel? How did you interact with others? What was different about that experience?

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## Discovering Your Top 5 Work Passions and Top 5 Core Passions

*When you are clear, what you choose to have show up in your life will,  
and only to the extent that you are clear.”*

– Janet Bray Attwood and Chris Attwood

**Work Passions:** These are the things that matter most to you about your work, the things you care most about when it comes to work. It doesn't matter if they seem trivial or sublime. The Passion Test process will help you sort out which ones matter most to you.

**Core Passions:** Your core passions are descriptions of WHY your work passions are so important to you. To clearly understand the difference between your work passions and your core passions, consider the experience of the father of Marci Shimoff, author of the NY Times bestseller, *Happy for No Reason*.

Marci's father had worked happily as a dentist his whole life. Then the time came for him to retire. As he considered his post-dentistry existence, he asked himself, "What is it about my practice that I truly loved—so much that I'll want to keep doing it for the rest of my life?"

He realized that the answer was doing fine detail work with his hands. So, abandoning convention he took up needlepoint and went on to become an award-winning weaver.

And at the age of 85, he was still so excited about his art that he began a new project, which took him four years to complete.

Your core passions are important because they may apply to many different kinds of job descriptions.

It's also possible that you will write your work passions in such a way that they could also apply to many job descriptions. That's fine.

By asking yourself “why” those passions are so important to you, you'll gain a deeper level of clarity about the things that matter most to you. Clarity is the whole point of this exercise.

### Identifying Your Top 5 Work Passions

List 10 things that will make your life at work ideal – with these accomplished, you will feel fulfilled and complete. Write down what is important to you about work, all that you love about your job, what you are passionate about, and what ‘lights your fire’...

- Complete the sentence using an action verb to bring everything to NOW (examples: 1. Enjoying talking to clients. 2. Having fun with everything I do. 3. Being in a close family atmosphere. 4. Living in a warm climate. 5. Inspiring all humanity to live their greatest potential ...etc.)
- Go ‘all out’ in making your list...the sky is the limit...nothing is too ‘big’ or too ‘small’ to be included.
- Include all hopes, dreams and wishes...go to your heart and ask, “What matters most?” Let go of “should’s” or “but’s” or “when’s” or “can’t because...” in your list-making process.
- Include all things that are important to you about work, things you love to do at work, even though they may not seem to be in your experience right now.
- Start with the idea that all resources are in place now for living your passion fully at work.

Complete the sentence, “When my life at work is ideal I am \_\_\_\_\_”

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

After completing the Passion Test for your Work Passions, **list your top 5 Work Passions below (they are the numbers you circled on the previous page)**. After writing each Work Passion, underneath it, write two reasons why it matters; what you love about it; or what is important to YOU about that passion. Ask yourself, “What is it about this passion, that makes it a passion for me?”

**EXAMPLE:** “When my work is ideal I am.....

1. Helping massive numbers of people get the products they want
  - a. I like adding value with good advice.
  - f. It feels good to make their lives easier.

1. \_\_\_\_\_  
a. \_\_\_\_\_ f. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
b. \_\_\_\_\_ g. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
c. \_\_\_\_\_ h. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
d. \_\_\_\_\_ i. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
e. \_\_\_\_\_ j. \_\_\_\_\_  
\_\_\_\_\_

**My top 5 Work Passions are:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

**My top 5 Core Passions are:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

**Scoring Work Passions**

Passion Score: Rate each of your top **5 Work Passions** on a scale of 0 to 10, where 0 means this passion is not present in your life at all, and 10 means you are fully living this passion:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_

**Scoring Your Core Passions**

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1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_

*“Whenever you are faced with a choice, a decision, or an opportunity, choose in favor of your passions.”*

– Janet Bray Attwood and Chris Attwood

## **Three Things You Can Do NOW to Start Improving Your Passion Scores**

*Write out three steps you can do starting today that will help to improve your passion scores:*

I can raise my passion scores by:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## **Markers**

### **Markers are:**

- The evidence that you are living your work passions.
- They may include goals, but are not limited to goals.
- Signposts of progress and something to aim for. When markers are big (audacious) and relevant, they inspire and capture your heart AND head.
- Most often observable and/or measurable
- A well-written marker—there can be NO doubt in your mind when it has occurred!



## Markers

*“My life is created first in my mind, then in the world.”*

For each of your top 5 passions, create three to five Markers for each. Then write a paragraph on each passion answering the question: What does that look like? Describe each one in as much detail as you can. Use the other side of the page if needed.

1. \_\_\_\_\_ my markers are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Write a paragraph about this passion:

2. \_\_\_\_\_ my markers are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Write a paragraph about this passion:

## Markers

3. \_\_\_\_\_ my markers are:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

Write a paragraph about this passion:

4. \_\_\_\_\_ my markers are:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

Write a paragraph about this passion:

## Markers

5. \_\_\_\_\_ my markers are:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

Write a paragraph about this passion

# Los Angeles Times

June 23, 2021

Fairfield, Iowa (AP) – From this tiny town in the cornfields of Iowa a global fire has been lit that seems to be reaching into every segment of society. Only a decade ago, most businesses were struggling with how to engage a workforce in which less than 30% of their staff were actively engaged in the business, 50% were just coming in for the paycheck and 20% were consciously undermining business objectives.

Today businesses with less than 60% engagement are risking extinction. Employees who are not doing work they love are discovering they are at a serious competitive disadvantage as a new generation of passionate, turned on job applicants are in high demand.

This transformation has been fueled by the adoption of a simple process its creators call “The Passion Test.” Called “the one test you can never fail,” The Passion Test is a process that allows anyone to identify five things that matter most to them in their life, or in business, the five things that matter most at work.

Those new job applicants are coming from schools where The Passion Test is included in the curriculum, which now account for 70% of schools worldwide. As the focus on passion has been adopted, school facilities have transformed. Graffiti has developed into a high art form and schools now have competitions awarding the most creative and interesting graffiti art decorating the schools

In addition, 65% of the Fortune 500 now incorporate The Passion Test as an integral part of their staff development programs. In addition, tens of thousands of businesses around the world have incorporated The Passion Test for Business program to identify their company’s unique contribution and create alignment with the company’s vision among their staff.

As a result, the Patent and Trademarks office in the U.S. and its equivalent in other countries has had to triple its staff as applications are five times what they were ten years ago.

Thanks to the #1 rated reality TV show produced by Passion Test creators, Janet Bray Attwood and Chris Attwood, The Passion Test process has been demonstrated to over 1 billion people over the past decade. The web site associated with the show gets over 100 million visitors a month. On the web site viewers get the same kind of support that contestants on the show

receive. The producers report that through the show and the website, over ten million people have reported creating a million dollars or more in income doing work they love.

The Passion Test board game has been a huge hit with worldwide distribution. To date, over a million sets have been sold and it was the top seller during the last holiday season of all games. The game is modeled after the process for making your first million dollars doing what you love from the Passion Test reality TV show and includes players completing the Passion Test process as they prepare to follow the game's steps to creating a passion treasure chest.

In 2014, The Passion Test again hit the New York Times bestseller list spending 10 weeks in the #1 spot and now marking it's seventh consecutive year on this prestigious list. It has also topped the bestseller lists for the Wall Street Journal, USA Today and every other major list and was on the cover of People Magazine. In addition, The Passion Test for Business book became a #1 New York Times bestseller with its release in 2012 and has driven much of the interest in the corporate world in The Passion Test programs. Because of the popularity of The Passion Test books, Chris, Janet and many Master Trainers are regular invited guests on the top radio and TV talk shows.

Global leaders now consult with The Passion Test leadership on a regular basis and at least 10 governments, including the U.S. and Canada, now employ full-time Passion Test facilitators to deliver The Passion Test programs to governmental staff. Job placement centers include Passion Test facilitators all over the world.

There are now over 10,000 certified Passion Test facilitators worldwide, in over 100 countries, that support the millions of people seeking help in clarifying their passions and life purpose. 1,000 of those facilitators work primarily in the business environment, while another 1,000 are employed by schools and school districts where they offer The Passion Test program as part of the educational curriculum. Additional facilitators work with seniors, coaches, co-parenting relationships, sports teams, musicians and artists, and a variety of other areas.

Passion Test Certification courses are now in such demand that every course has an extensive waiting list and the 50 Passion Test Master Trainers worldwide are fully engaged training new Passion Test facilitators.

The Passion Test Daily Online Magazine is lauded as one of the top internet sites. Because of the success of the magazine, Passion Test Facilitators are deluged with coaching, and speaking requests. Schools worldwide have made The PT Daily part of their weekly reading curriculum.

The annual Passionate Life Summit event will be held in the Rose Bowl this year where over 100,000 people will converge to celebrate everything passionate. The Passion Test Family reunion held immediately after the Summit is already sold out, even though it's only open to

certified Passion Test facilitators. Attendees say the Summit, the reunion and the Passion Test Master Trainer mastermind held the week before the Summit are festivals for love, nurturing and acceptance.

Economic experts believe the dramatic increase in employee engagement worldwide along with the substantial rise in success rate among new businesses, both driven by wide-scale use of The Passion Test, are the major factors explaining why the world is experiencing the greatest economic boom in recorded history. It seems that every month new inventions are introduced into the marketplace. The low cost and innovations of computers, mobile phones and other mobile devices has made the Passion Test available through smart-phone apps to the 4 billion people living in rural areas in Africa, South America and Asia.

Passion Test proponents claim that the reduced tension and worry this economic prosperity has created are at least in part responsible for the dramatic drops in death from heart disease, cancer and chronic illness. Those proponents say the fall in divorce rates from 50% in 2011 to 18% in 2021 can be attributed to the fact that 60% of the working population now reports their work feels meaningful and important.

The Passion Test Foundation helps the disadvantaged around the world discover their passions and connect with their life purpose. 10% of all Passion Test revenues go to the David Lynch Foundation to support teaching meditation to students and less privileged throughout the world. In addition, for every program that is taught in businesses or organizations, 10 sets of the Passion Test board game is given to a school so students can discover their passions as they play the game.

The Passion Test process is a weekly requirement for all those staying in U.S. homeless shelters. It is taught in prisons and juvenile detention centers. Special facilitators have been trained to deliver The Passion Test as part of retraining programs at rehabilitation centers around the globe. Janet and Chris Attwood and many of The Passion Test Family have received The President's Volunteer Service award and other coveted awards for their tireless work with charitable causes throughout the world.

## **Your Future Vision**

Write out your vision for yourself and your company. Write in 3<sup>rd</sup> person, as if someone is describing what you've achieved, how you've contributed, how others have been affected by you.

### **My 10 Year Vision**

### **My 5 Year Vision**

### **My 2 Year Vision**

## Introduction

The Work of Byron Katie is a way to identify and question the thoughts that cause all of the suffering in the world. It is a way to find peace with yourself and with the world. The old, the young, the sick, the well, the educated, the uneducated – anyone with an open mind can do this Work.

Byron Kathleen Reid became severely depressed while in her thirties. Over a ten-year period her depression deepened, and Katie (as she is called) spent almost two years rarely able to leave her bed, obsessing over suicide. Then one morning, from the depths of despair, she experienced a life-changing realization.

Katie saw that when she believed that something should be different than it is (“My husband should love me more,” “My children should appreciate me”) she suffered, and that when she *didn't* believe these thoughts, she felt peace. She realized that what had been causing her depression was not the world around her, but what she believed about the world around her. In a flash of insight, Katie saw that our attempt to find happiness was backward – instead of hopelessly trying to change the world to match our thoughts about how it “should” be, we can question these thoughts and, by meeting reality as it is, experience unimaginable freedom and joy. Katie developed a simple yet powerful method of inquiry, called The Work, that made this transformation practical. As a result, a bed-ridden, suicidal woman became filled with love for everything life brings.

Katie’s insight into the mind is consistent with leading-edge research in cognitive neuroscience, and The Work has been compared to the Socratic dialogue, Buddhist teachings, and twelve-step programs. But Katie developed her method without any knowledge of religion or psychology. The Work is based purely on one woman’s direct experience of how suffering is created and ended. It is astonishingly simple, accessible to people of all ages and backgrounds, and requires nothing more than a pen and paper and an open mind. Katie saw right away that giving people her insights or answers was of little value – instead, she offers a process that can give people *their own* answers. The first people exposed to her Work reported that the experience was transformational, and she soon began receiving invitations to teach the process publicly.

Since 1986, Katie has introduced The Work to millions of people around the world. In addition to public events, she has introduced her Work into corporations, universities, schools, churches, prisons, and hospitals. Katie’s joy and humor immediately put people at ease, and the deep insights and breakthroughs that participants quickly experience make the events captivating (tissues are always close at hand). Since 1998, Katie has directed the School for The Work, a nine-day curriculum offered several times a year. The School is an approved provider of continuing education units, and many psychologists,



counselors, and therapists report that The Work is becoming the most important part of their practice. Katie also hosts an annual New Year's Mental Cleanse – a four-day program of continuous inquiry that takes place in southern California at the end of December – and she sometimes offers weekend workshops. Audio and video recordings of Katie facilitating The Work on a wide range of topics (sex, money, the body, parenting) are available at her events and on her website, [TheWork.com](http://TheWork.com).

In March 2002, Harmony Books published Katie's first book, *Loving What Is*, written with her husband, the distinguished writer Stephen Mitchell. *Loving What Is* has been translated into twenty-eight languages. It was on bestseller lists across the country. *I Need Your Love – Is That True?*, written with Michael Katz, and *A Thousand Names for Joy*, written with Stephen Mitchell were also bestsellers. *Question Your Thinking, Change the World* was published in 2007, and *Who Would You Be Without Your Story?*, in 2008. *Tiger-Tiger, Is It True?*, published in 2009, is Katie's first book for children; it is illustrated by Hans Wilhelm. *Peace in the Present Moment* (by Byron Katie and Eckhart Tolle) was published in 2010.

Welcome to The Work.

## What Is Is

The only time we suffer is when we believe a thought that argues with what is. When the mind is perfectly clear, what is is what we want. If you want reality to be different than it is, you might as well try to teach a cat to bark. You can try and try, and in the end the cat will look up at you and say, "Meow." Wanting reality to be different than it is is hopeless.

And yet, if you pay attention, you'll notice that you think thoughts like this dozens of times a day. "People should be kinder." "Children should be well-behaved." "My husband (or wife) should agree with me." "I should be thinner (or prettier or more successful)." These thoughts are ways of wanting reality to be different than it is. If you think that this sounds depressing, you're right. All the stress that we feel is caused by arguing with what is.

People new to The Work often say to me, "But it would be disempowering to stop my argument with reality. If I simply accept reality, I'll become passive. I may even lose the desire to act." I answer them with a question: "Can you really know that that's true?" Which is more empowering? – "I wish I hadn't lost my job" or "I lost my job; what can I do now?"

The Work reveals that what you think shouldn't have happened *should* have happened. It should have happened because it did, and no thinking in the world can change it. This doesn't mean that you condone it or approve of it. It just means that you can see things without resistance and without the confusion of your inner struggle. No one wants their children to get sick, no one wants to be

in a car accident; but when these things happen, how can it be helpful to mentally argue with them? We know better than to do that, yet we do it, because we don't know how to stop.

I am a lover of what is, not because I'm a spiritual person, but because it hurts when I argue with reality. We can know that reality is good just as it is, because when we argue with it, we experience tension and frustration. We don't feel natural or balanced. When we stop opposing reality, action becomes simple, fluid, kind, and fearless.

## **Staying in Your Own Business**

I can find only three kinds of business in the universe: mine, yours, and God's. (For me, the word *God* means "reality." Reality is God, because *it rules*. Anything that's out of my control, your control, and everyone else's control, I call that God's business.)

Much of our stress comes from mentally living out of our own business. When I think, "You need to get a job, I want you to be happy, you should be on time, you need to take better care of yourself," I am in your business. When I'm worried about earthquakes, floods, war, or when I will die, I am in God's business. If I am mentally in your business or in God's business, the effect is separation. I noticed this early in 1986. When I mentally went into my mother's business, for example, with a thought like "My mother should understand me," I immediately experienced a feeling of loneliness. And I realized that every time in my life that I had felt hurt or lonely, I had been in someone else's business.

If you are living your life and I am mentally living your life, who is here living mine? We're both over there. Being mentally in your business keeps me from being present in my own. I am separate from myself, wondering why my life doesn't work.

To think that I know what's best for anyone else is to be out of my business. Even in the name of love, it is pure arrogance, and the result is tension, anxiety, and fear. Do I know what's right for *me*? That is my only business. Let me work with that before I try to solve your problems for you.

If you understand the three kinds of business enough to stay in your own business, it could free your life in a way that you can't even imagine. The next time you're feeling stress or discomfort, ask yourself whose business you're in mentally, and you may burst out laughing! That question can bring you back to yourself. And you may come to see that you've never really been present, that you've been mentally living in other people's business all your life. Just to notice that you're in someone else's business can bring you back to your own wonderful self.

**Judge your neighbor • Write it down • Ask four questions • Turn it around**

Think of a recurring stressful situation, a situation that is reliably stressful even though it may have happened only once.

In this situation, time, and location (*remember this before reading each question below*):

**1. Who angers, confuses, or disappoints you, and why?**

In this situation, I am \_\_\_\_\_ with \_\_\_\_\_ because \_\_\_\_\_  
*emotion name*

*Example: I am angry with Paul because he doesn't listen to me. He doesn't appreciate me. He argues with everything I say.*

**2. How do you want them to change? What do you want them to do?**

In this situation, I want \_\_\_\_\_ to \_\_\_\_\_  
*name*

*Example: I want Paul to see that he is wrong. I want him to apologize.*

**3. What is it that they should or shouldn't do, be, think, or feel? What advice would you offer to help them?**

In this situation, \_\_\_\_\_ should/shouldn't \_\_\_\_\_  
*name*

*Example: Paul should take better care of himself. He shouldn't argue with me.*

**4. In order for you to be happy, what do you need them to think, say, feel, or do?**

In this situation, I need \_\_\_\_\_ to \_\_\_\_\_  
*name*

*Example: I need Paul to hear me. I need Paul to respect me.*

**5. What do you think of them? Make a list.**

In this situation, \_\_\_\_\_ is \_\_\_\_\_  
*name*

*Example: Paul is unfair, arrogant, loud, dishonest, way out of line, and unconscious.*

**6. What is it in this situation that you don't ever want to experience again?**

I don't ever want \_\_\_\_\_

*Example: I don't ever want to feel unappreciated by Paul again. I don't ever want to see him smoking and ruining his health again.*

**The Four Questions**

*Example: Paul doesn't listen to me.*

1. Is it true?
2. Can you absolutely know that it's true?
3. How do you react, what happens, when you believe that thought?
4. Who would you be without the thought?

**Turn the thought around**

- a. to the self. (*I don't listen to me.*)
- b. to the other. (*I don't listen to Paul.*)
- c. to the opposite. (*Paul does listen to me.*)

**And find three genuine, specific examples of how each turnaround is true for you in that situation.**

**For more information on how to do The Work, visit [www.thework.com](http://www.thework.com)**

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*Passion is born of love.  
Love is the perfection of the divine in us.  
Love lives, breathes  
and finds expression through us  
and fills us with the fire of passion.  
Fulfillment arises from love,  
and through love.  
Let us live in love, for love's sake.  
Let us be in love  
and share our love  
In the service of our common destiny.  
Let passion emerge from us as love,  
In the service of humanity.*

*Chris Attwood and Janet Bray Attwood*

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