

The Passion Session

a courageous + practical
conversation to reconnect ,
to your passion & create a
life that lights you up.

BY CHÉRINE KURDI



YOUR PASSIONS LIVE INSIDE OF YOU

IF WE NEVER MEET
I WANT YOU TO KNOW THIS...

There's a piece of destiny that belongs to you and only you.

Your passions are never lost.

Your passions live inside of you.

You're worthy of building the life you want. No one else needs to understand it.

And, your life is your canvas. You get to paint it the way you want to.

Make a pact to be in it with yourself for the long haul, as your own supportive friend every step of the way.

I'm sharing with you these burning questions 11, to firestart your reconnection to what matters to you the most in life, work and your relationships.

Love,
Chérine



FEELING GOOD IS THE GOAL

EVERY EXPERIENCE YOU PICK IS FOR THE
FEELING. IT'S ALL ABOUT FEELING GOOD

Everything we set our heart and mind to do is driven by wanting to feel a certain way. To feel good. That's all. We want to feel good. There's that feeling you're after. And you've got to put your finger on it. Are you doing things to feel: lightness, contribution or freedom. Is it to feel movement, creativity or something else? What is that feeling you're after?

You need to know what it is because it'll fuel every decision you make. Every choice and goal has a feeling that you long for tied to it. Get clear about what it is. Do whatever it takes to make choices that multiplies that good feeling.

What would your life be like if you only did stuff with ease?

Look back at the activities you're doing right now that give you pleasure, What gave you a buzz, a surge of happiness?



KNOW YOUR NON NEGOTIABLES

KNOWING WHAT MATTERS TO YOU THE
MOST ALLOWS YOU TO BUILD A LIFE
AROUND THAT.

We often live the life from the outside in. Looking around for what's going on and trying to fit in. What if you looked at your life from the inside out. Looking at what matters to you the most. Trusting that as the most solid foundation there is and then making your choices from there. That's the start of leading a life that feels true

Looking beyond your basic needs, what can't you live without?

What lights you up beyond words?

What massively disappointed you?

A background image featuring a person climbing a tree on the left side, with a bokeh light effect of purple and blue lights scattered across the scene. The text is centered in the middle of the image.

**PRIORITIZE
WHAT'S
SACRED**



CONNECT TO YOUR SUPERPOWERS

WE ALL HAVE A TALENT THAT COMES
NATURALLY TO US. DECLARE YOURS.

We all have effortless and natural talents. Sometimes we're not aware of what they are.

What are you intensely interested in? where do you see yourself reading about most of the time? What are you curious about?

When do you feel powerful, passionate, free, incredibly useful, excited, inspired? What do you see yourself doing naturally, effortlessly?

What do people thank you for?

Asking someone who cares about you how they actually perceive you is courageous and insightful. Share these questions (and make up your own) only to someone you respect, who makes you feel more like yourself and who actively adores you. The purpose of this exercise is to see yourself more clearly so that you can rise to your own fullness.

Dear caring and trusted Friend, I'm reaching out so that I can see myself more clearly. What is my greatest strength? How would you describe me to your friend? What do you think I should let go of? What do you think I should stop doing for my sake? When do you feel that I am at my best? When have you seen me really shine? What do you think I could give myself more credit for or celebrate more?



CREATE SPACE

DECLUTTER, MAKE ROOM, EXPAND,
CREATE THAT WHITE SPACE.

Decluttering is a very powerful way to create space in your life and change your luck. We crowd ourselves with thoughts and to do lists. And feel absolutely overwhelmed. How can you bring in the new when you're clinging to the old? If you're going to realize your goals, what you stop doing is just as important as what you start and continue to do. Yes that will result in quitting stuff. Stopping stuff. And that will all be more room to run free without constraint and compromise and more time for what matters the most. Doing this is the an act of love and self respect.

What are the activities that are distracting and draining you?

What three actions will you take this week to decrease your time spent on activities that drag you down and don't feed your true strengths?

Action 1:

Action 2:

Action 3:



SAY NO SO YOU CAN SAY YES

WHAT YOU STOP DOING IS JUST AS
IMPORTANT AS WHAT YOU START TO DO.

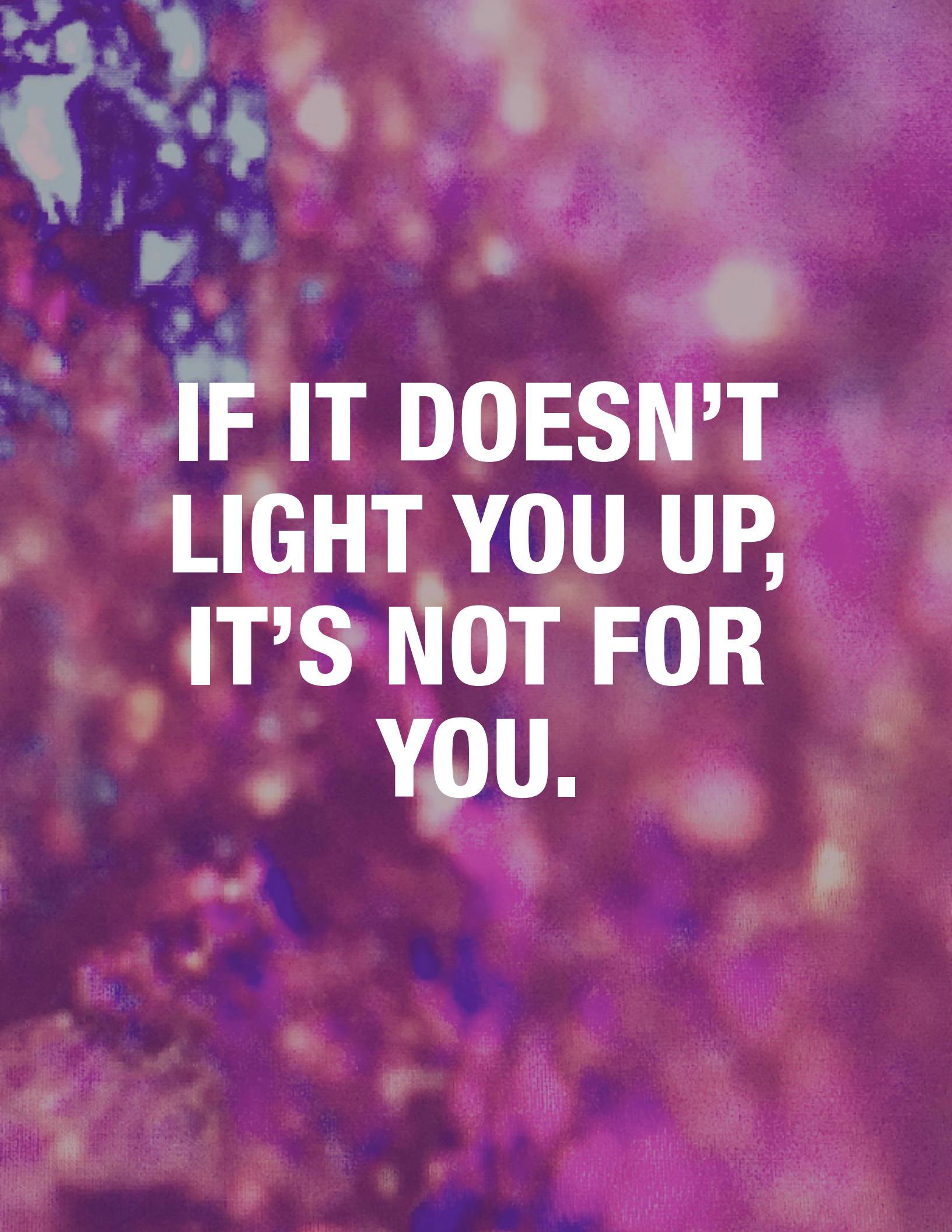
Women tend to be people please-y. And so by starting to notice what doesn't light you up and allowing yourself to say no to that is a powerful way to building the YES in the direction of what you truly desire to be, do and experience.

The moment you say yes to acting on your desire is the real beginning of creating a life you love.

What would you like to never, ever do again? Create your THE STOP-DOING LIST. Look back on your year and get very clear about what sucked. What didn't work, Look at places where you feel resentful and angry. What would you like to stop doing?

All of the above activities serve only to make you busier, or put you out of the zone of your true strengths. What will you stop doing? Effective immediately?

Right now, I will stop:



**IF IT DOESN'T
LIGHT YOU UP,
IT'S NOT FOR
YOU.**



VISIONING

CREATING A COMPELLING VISUAL FOR YOUR
DREAM, WISHES AND DESIRES IS A VERY
POWERFUL WAY TO KEEP YOU MOVING
FORWARD.

DESCRIBE YOUR BEST DAY. Let your imagination and idealism lead the way. Put all your creativity into that compelling vision that you long for. Practice allowing yourself to dream. Questions about what's possible and how you could get there will come up. Practice to just keep setting them aside. This is not the time to work on the "how". It's time to welcome the vision, make friends with it. Hold it lovingly in your mind and heart as you walk through your life.

In everyday life:

Where would you be

What would you be doing.

Who would you be with, what would you be eating,

What are you wearing? How the place your work and live in look like?

What's your work? How would you be earning, helping, creating, living, loving

Describe your ideal day from the moment you wake up. Expand your vision.



SUPPORTING CHARACTERS

CONSCIOUSLY CHOOSE THE PEOPLE
AROUND YOU

It's important to be proactive about the people we choose to have in our circles. The people who will support us, champion us, cheer us and teach us. Most humans are humble and open to guidance. We want to gather feedback and advice. That's normal. Recognize that some people won't understand what you're up to (often because you are saying something new and ahead of your time). Some will find you to be not their cup of tea. Some will feel threatened. Some will want to do with your idea only what is interesting or helpful to them. Be discerning.

Who are the supportive people around you? family, friends, colleague, boss.

What are the places/communities you can hang around that will support how you wish to evolve and grow?

Who are the people who drain you and you want to see less off?



DECONSTRUCT YOUR FEAR

DEEP INTO THE HEART OF YOUR FEAR.
LOOK AT IT IN THE EYE.

Being fearless is nonsense. Fear is instinct. It's there to protect you against danger. It's a survival instinct. The most common fears I get from working with my clients are. Fear of failure. Trying not to be scared is like trying not to be curious. Learn to rule it. Negative emotions crystallize in our psyches, bodies and soul and it's important to take responsibility for shifting them. Seeing clearly in fear and darkness is one of the victories of awakening. But what if we took it one step further and made an effort to actually what we desire behind our fears.

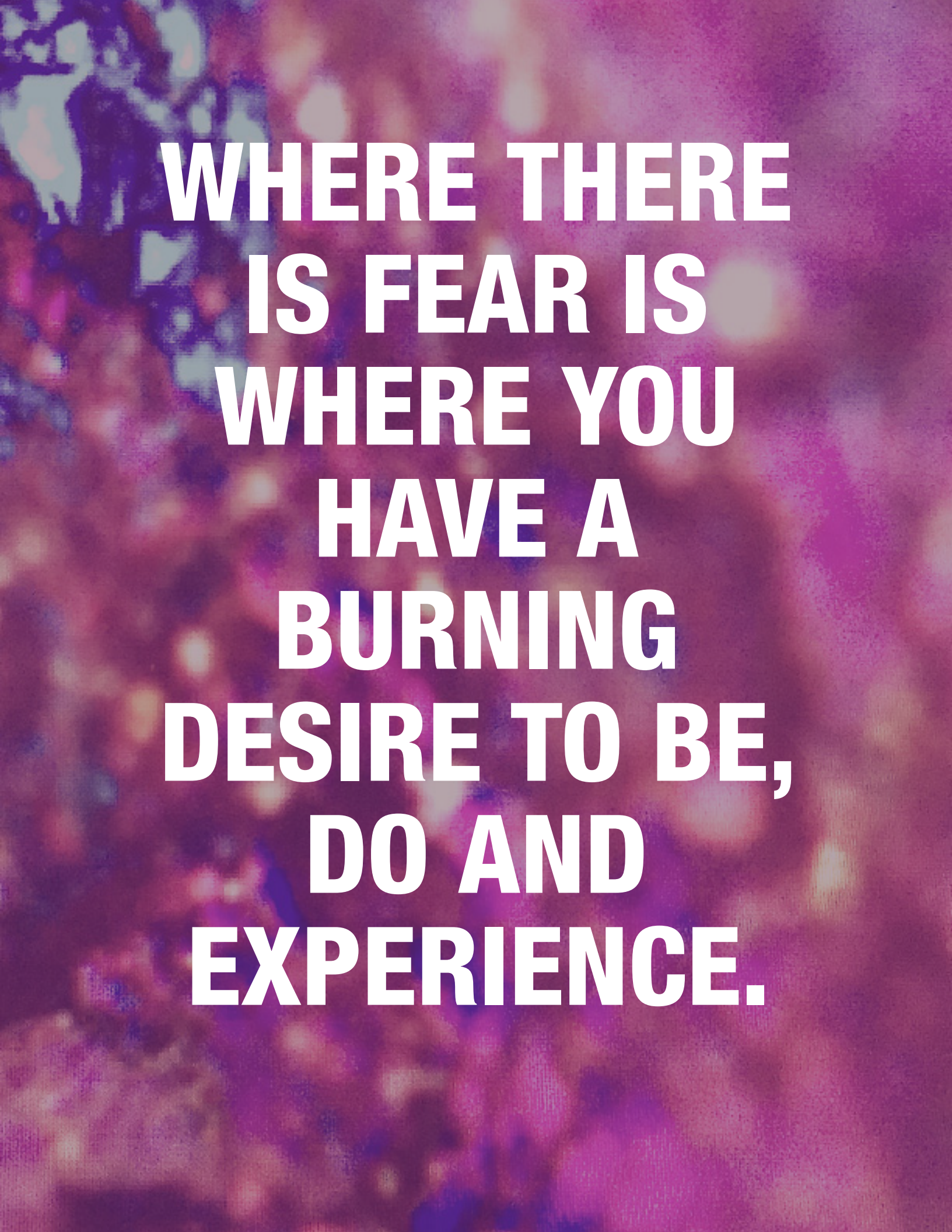
Think of something you're afraid of. Got it in your head?

I'm afraid of:

Self-awareness exercise:

Notice the fear with no judgment. Confront or comfort, diffuse and transform it before it takes over your actions and starts running the show. and meet it directly while it's still an emotion, not a behavior.

**Look your fear in the eye and ask yourself: behind this fear I desire more/
desire less of?**



**WHERE THERE
IS FEAR IS
WHERE YOU
HAVE A
BURNING
DESIRE TO BE,
DO AND
EXPERIENCE.**



START BEFORE YOU'RE READY

TAKING ACTION IS THE MOST POWERFUL
WISDOM THERE IS.

You won't know until you go. You won't know until you try. Until you experience. Every action you take creates a surge of clarity to the next step you want to take. Perfectionism is the most dangerous fear as it leaves you thinking that when you'll get your ducks in a row everything will be ok then you can start doing what you want. When you'll have that right body, that right relationship, when the right time will come. The perfect time is now. There's no other time than now. Trust that you have everything in you to make it happen. You do. Fear and self-doubt will be your life long companion. Turning failure around = Failure only turns into a lesson if it shifted your perspective or the way that you behave. It's not a gift unless it transforms you. And it will transform you. Question the Voice that says, "I'm Not Ready Yet". This is not a one-time question. This is a daily practice.

What is ONE persuasive and outrageous action that will create forward motion?

The time is Now

LET'S HAVE A CONVERSATION



I'M CHÉRINE KURDI AND I HELP FREEDOM
SEEKING PROFESSIONALS AND
ENTREPRENEURS TO SHIFT THEIR MINDSET AND
RECONNECT WITH THEIR TRUE SELVES TO
CREATE A LIFE THAT LIGHTS THEM UP
FROM THE INSIDE OUT.

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You + Me + your goals, dreams & desires

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