

Group Call #25 Roundtable Questions

Motivation and Zest

Motivation: the reason or reasons one has for acting or behaving in a particular way

Zest: great enthusiasm and energy

1. **What is one of your strongest motivators?** Describe a time when this motivator helped you take action, and what were the results?
2. **Share an example of when you did something that you *didn't* necessarily *want* to do, but you did it and felt good about it afterwards.** What motivated you? Did you give yourself credit for doing the “thing”? Would you be willing to give yourself credit right now, out loud?
3. **Describe what, if anything, would be different or better in your life if you were as motivated as you'd like to be.** What is one step you can take to increase your motivation? How can you use self-compassion in moving in that direction?
4. **Name 3 things that make you feel “Zesty”!** What is 1 “Zesty” thing you will do *this week* to add more energy to your life?
5. **What small tweak to your daily routine would give you a bit more “Zest”?**
6. **Who in your life do you admire for being a “Zesty” person?** Describe their Zest. How can you let them know that their zest positively affects you?

Passion and Purpose

Zone of Genius Questions

From "The Big Leap"

1. **What do you *most* love to do?** (you love it so much you can do it for long stretches of time without getting tired or bored). List extensively:
2. **What work do you do that doesn't seem like work?** (you can do it all day without getting tired or bored). List extensively:
3. **In your work, what produces the highest ratio of abundance and satisfaction to the amount of time spent?** (Even if you only do a short time of it, an idea or deeper connection may spring forth that leads to huge value)
4. **What is your "Unique Ability"?** (There's a special skill that you're gifted with. This Unique Ability, fully realized and put to work, is the greatest contribution to the people around you. My unique ability is usually camouflaged inside a larger skill that you possess).
 - a. **You're at your best when you:**
 - b. **When you're at your best, the exact thing you're doing is:**
 - c. **When you're doing that, the thing you love most about it is:**

(From "The Passion Test")

5. **What kinds of environments do you love to be in?**
6. **What kinds of people do you love to be around?**

Questions and Insights From “The Passion Test”

By Chris and Janet Attwood

“The Passion Test” is a straightforward, thorough, and inspiring way to explore and discover what your *true* passions are and how to build your life around them so that you are literally living your “Hell YES!” life every. single. day! It was developed a few decades ago by Chris and Janet Attwood, and has helped thousands of people to discover and build passion-centered lives. Here are some excerpts and the first steps as outlined in their book, [“The Passion Test”](#) (which is required reading for this Module).

It is important to think about your ideal life, not your possible life. Don't censor your Passion Test.

A passion is how you choose to live your life. It is a verb. A goal is something you aim to achieve. When your passions are clear you can create goals that are aligned with your passions and begin to create the life you choose to live.

Examples of passions:

- *Living in a beautiful home in which I feel completely at peace*
- *Writing successful mystery novels*
- *Enjoying perfect health with lots of energy, stamina, and vitality.*
- *Having fun with everything I do*
- *Spending lots of quality time with my family*
- *Living life in abundance*

EVERYONE

Passion Test Instructions, Step One:

First, make a list of at least ten of the most important things you can think of that would give you a life of joy, passion, and fulfillment. Begin each one with a verb relating to being, doing, or having, which completes the sentence below:

When my life is ideal, I am _____.

Close your eyes and picture your idea life. What are you doing? Who are you with? Where are you? How do you feel? Don't censor, you don't need to know the how, just the what.

What impact are you having on the world (on any scale: family, local, global, etc) and how are you contributing to something "bigger than yourself" (BIG WHY).

100th Birthday!

It's your 100th birthday! Your best friend is giving a beautiful speech about your life, celebrating your legacy. What is he/she saying?