

Day 1 - Discover Your Passion Appetizers

Discover your passion. Select one appetizer for today. It's important to complete at least one action.
#1 takes very little time, #2 a tad bit more time #3 requires more thought and/or action time.



Deliciously Simple

Print the passion poster and put where you can see it throughout the day. Say the affirmation to yourself 25 times during the day,



Delightfully Tasty

Print the **Anchor ME™** Reflection Statement and read several times along with saying affirmation 25 time during the day. Answer the three Inner Reflection questions.



Powerfully Sustaining

Pick a "lie" you tell yourself about following your passion and interview yourself why that "lie" is not true. Email the argument to yourself.

Ready to Live in Your Unstoppable Success Zone?

Schedule a **20 Minute Complimentary Chat Session** - ChatwithAnn.com