



THE GIFT OF PASSION

WORKSHEET

Writing the Story of Your Gifts

1 Step One

Set aside about 20 to 30 minutes of uninterrupted time to complete this activity. Create a context that feels nourishing and set the tone: light a candle, make yourself a cup of tea, wear your comfy slippers or sit in your favorite chair.

2 Step Two

Take a new page in your journal and begin to write the “story” of your gift. Starting from the day you were born write about significant moments that stood out for you, and that seem to reflect your strengths. You can also include some negative moments, if they helped you become strong, but put most of your focus on times when you felt really alive. Capture the important conclusions and learnings that you anchored at those times.

3 Step Three

When you have finished, put it down for a few hours or a day. Then come back to it and read what you have written. See if you can detect one or two common themes that run through your story like golden threads, tying your life together. These threads may point to an aspect of your life purpose.



On the next page, write a brief summary of the themes, what you notice about how they evolve in the story, and what they mean to you today.

For example, what were you born knowing? Loving? Pursuing? Celebrating? Advocating? What are your viewpoints that have not changed, but only deepened, throughout your life? If there was one word you were put on this planet to “say”... what would it be?

Good luck, have fun and honor yourself. You are a beautiful, inspiring woman, and you deserve it.

LeeAnn



Key Themes from My Gift Story

1 Theme One:

2 Theme Two:

*** Questions, Reflections & Musings:**