



What Sets Me On Fire

A Passion Discovery Guide



***"The thing you are most afraid to do
is usually the thing most worth doing."***

This guide is your permission slip. Go deep. Go honestly.
Your passion is waiting. Let's find it together.

PAIN INTO PASSION • AT-HOME COURSE WORKBOOK

My Name: _____ **Date I Begin:** _____

I am ready to discover what sets me on fire.



Who Am I, Really?

Peel back the layers. Meet yourself honestly.

Before we find your passion, we need to meet the real you — not who grief made you, but who you truly are.

THREE WORDS THAT DESCRIBE THE REAL ME (NOT WHO I'VE BEEN LATELY):

I FEEL MOST ALIVE WHEN...

I HAVE ALWAYS BEEN DRAWN TO... (PEOPLE, ACTIVITIES, CAUSES, IDEAS)

What I LOVE & Light Up Around

What Drains Me & Feels Wrong

IF NO ONE WAS WATCHING AND FAILURE WASN'T POSSIBLE, I WOULD...

My Dream

Give yourself permission to want something beautiful.

Loss can bury our dreams. This page is about excavating them. No editing. No 'but I can't.' Just truth.

My Dream Life Looks Like This:

(Write it. Sketch it. Describe every detail — where you are, who you're with, what you're doing, how you feel.)

THE ONE DREAM I'VE BEEN AFRAID TO SAY OUT LOUD:

A WOMAN I ADMIRE AND WHY SHE INSPIRES ME:

My dream, broken into chapters:

In 1 Year, I want to...

In 5 Years, I want to...

In 10 Years, I want to...

SKETCH OR DOODLE YOUR DREAM HERE — IMAGES, SYMBOLS, WORDS, ANYTHING:

Draw. Doodle. Dream freely.

Opportunities & Gifts

Life has already been preparing you.

Your life — even the painful parts — has been giving you gifts. Skills. Wisdom. Stories. Let's count them.

STRENGTHS & GIFTS I ALREADY CARRY (THINGS I'M GOOD AT, EVEN IF I TAKE THEM FOR GRANTED):

OPPORTUNITIES LIFE HAS ALREADY PLACED IN MY PATH (JOBS, CONNECTIONS, EXPERIENCES, OPEN DOORS):

What my losses have taught me that I could teach someone else:

THE TYPE OF PERSON I FEEL CALLED TO HELP OR ENCOURAGE:

SKILLS AND EXPERIENCES I ALREADY HAVE (CHECK ALL THAT APPLY):

- | | | |
|---|---|---|
| <input type="checkbox"/> Listening / Empathy | <input type="checkbox"/> Writing / Storytelling | <input type="checkbox"/> Teaching / Coaching |
| <input type="checkbox"/> Organizing / Planning | <input type="checkbox"/> Creative Arts / Design | <input type="checkbox"/> Cooking / Nutrition |
| <input type="checkbox"/> Fitness / Wellness | <input type="checkbox"/> Social Media / Tech | <input type="checkbox"/> Speaking / Presenting |
| <input type="checkbox"/> Volunteering / Service | <input type="checkbox"/> Mentoring / Advising | <input type="checkbox"/> Prayer / Spiritual Support |

OTHER SKILLS I HAVE:

My Passion Statement

Name the fire. Claim it.

A passion statement is a declaration of what you are here to do. It doesn't have to be perfect. It has to be true.

My Passion Statement (fill in the blanks):

I am passionate about _____

because I have personally experienced _____

and I know what it feels like to _____

My unique gifts are _____

and I want to use them to help _____

so that they can _____

MY PURPOSE, IN ONE SENTENCE (WRITE IT UNTIL IT FEELS RIGHT):

THE MESSAGE I MOST WANT TO SHARE WITH OTHER WOMEN WALKING THROUGH LOSS:

My Declaration:

*I, _____, declare that my pain has purpose,
my story has power, and my life is not over.
I choose to use what broke me to help heal others.*



Daily & Weekly Goals

Small steps. Consistent fire.

Progress is built in daily choices. Use this page to plan and track your intentional steps each week.

THIS WEEK'S PASSION FOCUS:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

THREE THINGS I WILL DO THIS WEEK TOWARD MY PASSION:

1. _____
2. _____
3. _____

END OF WEEK REFLECTION — WHAT MOVED ME FORWARD?

This week I am proud of myself for:

Monthly Goal Planner

Month by month, you are becoming.

Each month is a new invitation. Use this space to set intentions, track progress, and celebrate wins.

JANUARY

Focus: _____
Goal 1: _____
Goal 2: _____
Win: _____

FEBRUARY

Focus: _____
Goal 1: _____
Goal 2: _____
Win: _____

MARCH

Focus: _____
Goal 1: _____
Goal 2: _____
Win: _____

APRIL

Focus: _____
Goal 1: _____
Goal 2: _____
Win: _____

MAY

Focus: _____
Goal 1: _____
Goal 2: _____
Win: _____

JUNE

Focus: _____
Goal 1: _____
Goal 2: _____
Win: _____

JULY

Focus: _____
Goal 1: _____
Goal 2: _____
Win: _____

AUGUST

Focus: _____
Goal 1: _____
Goal 2: _____
Win: _____

SEPTEMBER

Focus: _____
Goal 1: _____
Goal 2: _____
Win: _____

OCTOBER

Focus: _____
Goal 1: _____
Goal 2: _____
Win: _____

NOVEMBER

Focus: _____
Goal 1: _____
Goal 2: _____
Win: _____

DECEMBER

Focus: _____
Goal 1: _____
Goal 2: _____
Win: _____

My Year of Purpose

365 days to become who you were always meant to be.

The big picture. The year you step into who you've always been becoming. Write it like you believe it.

MY WORD OF THE YEAR:

My Passion & Purpose

Goal: _____

Action Step: _____

How I'll know I succeeded: _____

My Relationships & Community

Goal: _____

Action Step: _____

How I'll know I succeeded: _____

My Health & Wellness

Goal: _____

Action Step: _____

How I'll know I succeeded: _____

My Financial & Practical Life

Goal: _____

Action Step: _____

How I'll know I succeeded: _____

My Personal Growth & Learning

Goal: _____

Action Step: _____

How I'll know I succeeded: _____

This is the year I stop surviving and start living on purpose.

Signed: _____ Date: _____

Health & Wellness

Your body is how you show up for your purpose. Honor it.

Grief lives in the body. So does joy. So does strength. Let this page be your wellness anchor.

Activities & Hobbies I Love

Workouts & Movement I Enjoy

MY WEEKLY MOVEMENT TRACKER (CHECK WHAT YOU DID!):

- | | |
|--|---------------------------------------|
| <input type="checkbox"/> Walk / Hike | <input type="checkbox"/> Yoga |
| <input type="checkbox"/> Strength Training | <input type="checkbox"/> Swimming |
| <input type="checkbox"/> Dancing | <input type="checkbox"/> Cycling |
| <input type="checkbox"/> Pilates | <input type="checkbox"/> Stretching |
| <input type="checkbox"/> Run / Jog | <input type="checkbox"/> Other: _____ |

FOODS & MEALS THAT NOURISH AND ENERGIZE ME:

Sleep Goal:

Water Goal:

Self-Care Ritual:

Soul Care — What fills me up spiritually, emotionally, mentally:

Gratitude & Closing

Thank yourself for showing up to this work.

Gratitude doesn't erase grief. It walks beside it, reminding us there is still beauty worth living for.

DAILY GRATITUDE — THREE THINGS I AM GRATEFUL FOR TODAY:

1. _____

2. _____

3. _____

A LETTER TO MY PAST SELF — WHAT WOULD I WANT HER TO KNOW?

A LETTER TO MY FUTURE SELF — WHAT DO I BELIEVE SHE WILL BECOME?

***You came here through pain.
You are leaving with purpose.***

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Elizabeth Nelson Co — Empowering Women Through Loss*