

## Question Guide

Your passion is not sought outside. Your passion is recognised within.  
These questions are designed to help you truly listen to yourself and recognise what expands you.

### 10 Questions to Recognise Your Passion

- What activity makes you feel expanded, not contracted? (does it propel you forward or hold you back?)
- What could you do for hours without looking at the clock?
- What topics spark natural curiosity in you, even if you have not yet allowed yourself to explore them?
- What conversations make your energy rise, light you up, make you feel more alive?
- What comes easily to you without effort, but you have never valued because “it just comes naturally”?
- What would you do if you were not afraid of making mistakes?
- What would you do if no one had an opinion about your decisions?
- In which areas do you usually have ideas, solutions or intuitions that others do not see?
- What activities make you feel coherence between who you are inside and what you show on the outside?
- What would you choose today if you committed to yourself from love... and not from self-demand?

Passion is not discovered outwardly.

Passion is remembered inwardly.

### 5 Questions to Look for Your Passion in Your Childhood

1. What did you do as a child when no one was watching you?  
That activity you did alone, for pleasure, without an objective... what was it?

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2. In which game were you completely happy, without thinking about anything else?  
What game, character, role or fantasy captivated you?
3. What came naturally to you and adults would say: "You are so good at this"?  
Listen to that echo. That was pure talent.
4. What did you need to feel alive, curious and calm at the same time?  
Drawing? Building? Explaining? Imagining worlds? Caring for dolls?  
Inventing stories?
5. If today you had permission to recover one specific scene from your childhood...  
which moment would you choose?  
What were you doing there?  
And what emotion were you feeling at that moment?

These five questions unlock the root.

The girl you once were already knew the answer.

The woman you are now has to rebuild the bridge.

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